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The National Association for Holistic Aromatherapy

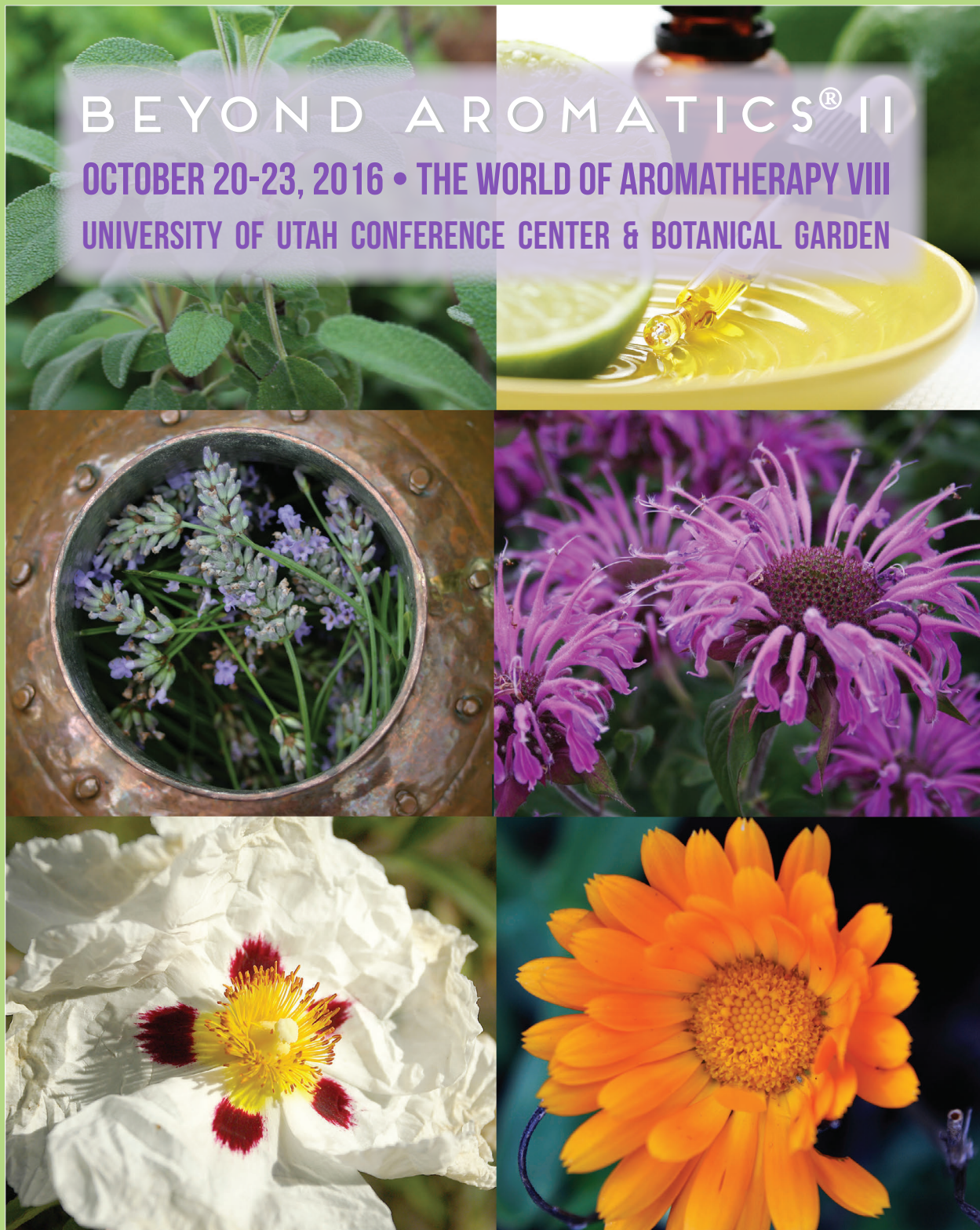
# Aromatherapy Journal

## In this Issue:

- Conquering the Fear Within
- Hemp Seed Oil: *Cannabis sativa*
- Tarragon (*Artemisia dracunculus* L.)
- Zest Myrtle: The Birth of a New Australian Essential Oil
- MRSA and Your Child: What Every Parent Should Know

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# Aromatherapy Journal

A Quarterly Publication of NAHA  
Summer 2017.2 AJ566

The National Association for  
Holistic Aromatherapy, Inc. (NAHA)  
A non-profit educational organization  
Boulder, CO 80309

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COVER IMAGE and ABOVE: Yuzu (*Citrus junos*)

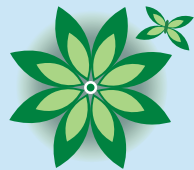
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# Editor's Note

## Summer 2017

Summer in the aromatic garden offers so much potential for life. The seeds of spring have sprung, and new shoots and plants are pushing their way forward to the height of their life: Blooms and fruits. The garden is in abundance at this time of year. Fruits, blooms, and prosperity are three topics which are covered in this journal's issue – in addition to other articles to help keep you in the best of health.



For a look at the source of many of the citrus essential oils, catch up with Cheryl Murphy's latest article on the *Rutaceae* plant family; Greg Trevena introduces us to Australia's zest myrtle, a unique and new essential oil from this area of the world; Jade Shutes take a closer look at tarragon; Deb Depasqua discusses how the use of lavender essential oil may help to reduce stress among healthcare professionals; and Elizabeth Ashley looks at the use of hemp seed as a carrier oil.

Amy Emmett writes about how to use essential oils to overcome fear and Anna Doxie informs us about MRSA; both of these articles focus on children. KG Stiles talks about using essential oils to attract wealth – and this topic, among others, is discussed further in my book review and interview with KG on her latest book, *The Essential Oils Complete Reference Guide*. Finally, we have a round-up of some great summer recipes from a few of our NAHA Directors.

The wide variety of topics discussed in the NAHA summer journal will no doubt keep you busy throughout the summer, and I hope that they inspire you to take a closer look in the garden at some of the plants discussed. Having recently embarked on a new herbal studies journey of my own, that's most likely where you'll find me this summer! But if you are more inspired by the practical aspects of aromatic blending, the generous recipes provided by many of our writers will give you plenty of opportunity to put into practice, and use, some of the essential oils and carrier oils discussed!

Whether you are in the garden examining or growing aromatic plants, in the kitchen preparing some aromatic recipes, or researching more of a topic that resonated with you, make sure you take the time to bloom yourself – both literally and figuratively!

With aromatic blessings,

*Sharon Falsetto*

Sharon Falsetto, BA (Hons), Certified Aromatherapist



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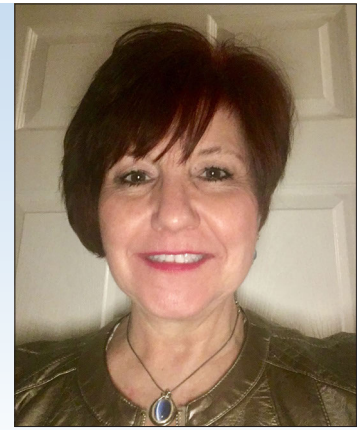


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# Reducing Stress among Healthcare Professionals by Creating a Healing Environment with *Lavandula angustifolia*

by Debra J. DePasqua



Integrative health combines the practice of medicine with complementary therapies for optimum health and healing. It's an approach that addresses the environment, relationships, conversations, and behaviors of the whole patient, the family, and the healthcare team. The purpose of this article is to help to manage daily stresses encountered by healthcare professionals with interventions that create a healing environment, specifically touch combined with aromatherapy using lavender (*Lavandula angustifolia*).

Stress is defined as a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.<sup>1</sup> Healthcare professionals experience stress and crisis every day in providing healing work in an environment packed with high acuity, high organizational demands, and advanced technology. They must face illness, death and dying, conflict, pain, and loss. The signs of stress encompass physical, behavioral and psychological problems subjecting them to sleep disruption or deprivation, excessive stimuli, moral distress, and exhaustion. Stress is an equal opportunity destroyer; it is well known that stress promotes free radicals formation that causes body tissues and cell membranes to become damaged. As homeostasis is disrupted, the dimensions

of the person, including physical, mental, spiritual, and emotional, become out of balance. The outcome is breakdown or dis~ease (not at ease). Likewise, the coping mechanisms' manifest failings are typified by depression, increased absenteeism, burnout, and compassion fatigue.<sup>2</sup> Some stress is beneficial as it provides opportunities for growth and transformation to occur and for positive coping strategies to develop. However, the long-term effect of stress is detrimental as stress symptoms and behaviors counteract all



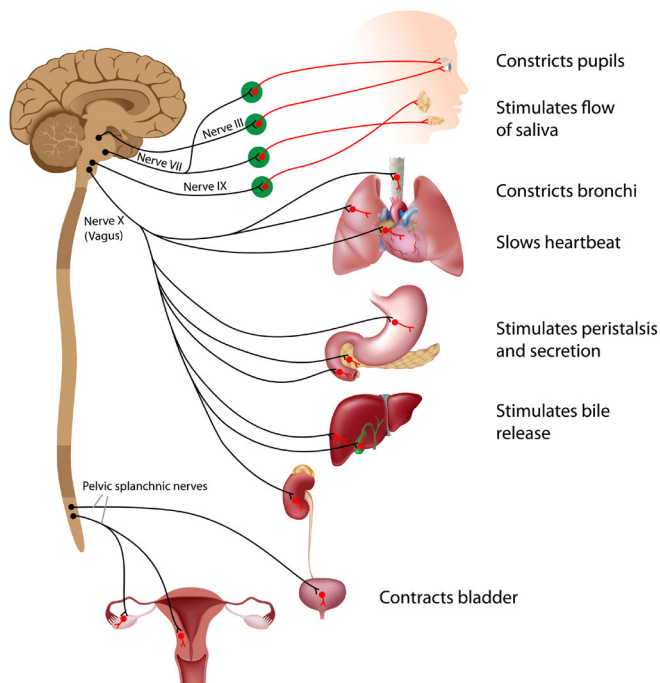
attempts at cultivating a healing environment for patients and staff alike.

### How the Body Responds to Stress

The body's reaction to stress is controlled by the autonomic nervous system (ANS). The sympathetic nervous system (SNS) is the branch that controls the fight or flight response. The hormonal release of adrenaline and cortisol, two of several chemicals whose release can be activated by negative emotions, are linked with abrupt or insidious stress. The alternate branch, the parasympathetic nervous system (PSNS), induces relaxation and helps the body to compensate for periods of stress and high stimulation. The relaxation response, represented by reduced vital signs and muscle tension, helps the body to rebalance, restore and rejuvenate itself. Aromatherapy is a successful intervention for recruiting the PSNS in dealing with stress as it uses a multidimensional, holistic, and integrative approach; it aids to restore balance of cognitive, sensory, physiological, and emotional dimensions.

Psychoneuroimmunology (PNI) examines the effect of prolonged stress: One's attitudes, emotional states, and behaviors that are correlated with immunity and resistance to disease. PNI is the study of interactions between consciousness [psychology, mind], the central nervous system (CNS) [brain, neurology], and the body's ability to protect itself from disease (immunology). Moreover, the immune system can be influenced by olfactory stimuli; there is a connection between olfactory receptors, ANS, and the immune system. Aromatherapy, an immune system enhancer, is a seamless way of utilizing PNI. It's one of the simplest complementary

### Parasympathetic Nervous System



therapies to implement due to the portability of the nose and access to a person's hands. Holistic, integrative aromatherapy has the capacity to boost the immune system by its innate ability to make one feel good.<sup>3,4</sup>

### Aromatherapy and Smell

The senses are essential for experiencing wellbeing. However, aromatherapy is not about smell exclusively, but includes the process of inhalation. Inhaling air and aroma are natural processes. The lungs have a sizeable surface area that is informally connected with the bloodstream through the alveoli. Essential oils are highly complex, made up of many different chemical components. The inhaled constituents found in the essential oil can have a positive effect at very low concentrations, even when the aroma is below a level of human detection.

Smell is a chemical reaction that occurs when the extremely sensitive receptors in



the brain respond to the odor molecules of the essential oil. The receptors can be triggered by very subtle scents. Low volume of essential oil is therapeutic; more is not always better. In fact, essential oils exist within a plant's structure in minute quantities yet possess highly concentrated plant constituents. It is best to dilute the essential oil and use low concentration for desired effect. There are four mechanisms explained by Jellinek<sup>5</sup> on how essential oil odors affect a person psychologically and physiologically. Quasiparmacologic refers to the minute quantity of essential oil molecules found in the bloodstream after inhalation. Semantic signifies how the aroma within the environment is reminiscent, learned memory reaction to a scent. Feelings of pleasure or displeasure after inhaling an essential oil are referred to as hedonic. The person has an expectation after inhaling the essential oil, or placebo, which can sway the response.

The sense of smell, housed in the crypts of the primitive brain, the limbic system, is extremely powerful. As one inhales, the chemical constituents of the essential oil move through the lining of the nose to the olfactory bulb and on to the limbic system in the brain. The limbic system is a vital complex area of brain structures below the cerebral cortex. The main structures of the limbic system are the amygdala, hippocampus, thalamus, and hypothalamus. Of these, the amygdala and hippocampus are of particular importance in processing aromas.<sup>6</sup> The hippocampus is responsible for feelings of wellness and harmony. The brain's emotional center, the amygdala, is directly associated with the olfactory bulb. The amygdala processes emotions and governs the emotional response.

“Diazepam (Valium) is thought to decrease the effect of external emotions stimulated by increasing gamma aminobutyric acid (GABA) containing inhibitory neurons in the amygdala.”<sup>6 p.30</sup> According to Tisserand, lavender (*Lavandula angustifolia*) is thought to have a similar effect on the amygdala producing a sedative effect similar to diazepam.<sup>6 p.30</sup>

### **Lavender (*Lavandula angustifolia*)**

Lavender is a member of the mint family, *Lamiaceae*. Specifically, lavender (*Lavandula angustifolia*) is commonly known as English lavender, French lavender, and true lavender, formerly *L. vera* or *L. officinalis*. Lavender grows to about 24 inches tall as a short shrub, is native to the Mediterranean mountainous zones, and flourishes throughout southern Europe, Australia, and the United States. True lavender (*L. angustifolia*) essential oil is obtained by steam distillation of the leaf and tip of the small, blue-violet flowers that contain the essential oil and provide the fragrant scent of this herb. The word lavender, a member of the genus *Lavandula*, comes from the Latin root *lavare* meaning “to wash” hence its use in baths to help cleanse the body and spirit. True lavender was used as a *broom* by early Indian and Tibetan medicine to *sweep away* impurities associated with psychiatric disorders.<sup>7,8</sup> While there are various species of lavender used in aromatherapy, each provides completely different therapeutic effects. Lavender (*L. angustifolia*) is ubiquitous and considered to be the Mother Theresa of all essential oils, generally recognized as safe (GRAS).

There may be more than 100 constituents in *L. angustifolia*, however, they all contribute



synergistically to the total therapeutic effect. The main constituents are linalyl acetate and linalool. Linalyl acetate (51%, ester, a combination of acetic acid and linalool) is the main ingredient that exerts the calming property and relaxing activity with a narcotic action. The best quality lavender is grown at higher altitudes, and distilled at higher temperatures of 92 to 93 degrees centigrade, to produce oil with higher linalyl esters.<sup>3</sup>  $\beta$ -linalool (35%, alcohol) is considered the primary active component that acts as a sedative by causing central nervous system (CNS) depression. Other constituents include cis- $\beta$ -ocimene,  $\beta$ -caryophyllene, terpinen-4-ol and 1,8 cineole. By specifically inhaling the scent and volatile organic compounds of this species of lavender, the central nervous system (CNS), particularly the olfactory bulb, hypothalamus, amygdala and hippocampus are activated.<sup>7,9,10</sup> True lavender (*L. angustifolia*) is a sedative and promotes a peaceful mood and a sense of calm, rest and relaxation. Further properties of lavender include analgesic, anxiolytic, antifungal, antispasmodic, antiseptic, carminative, antihypertensive, sedative, antidepressant, and anti-inflammatory.

There have been many studies to determine the effectiveness of lavender for various ailments; limitations include study design, methodology, sample size, and lack of standardization in preparation, all of which confounds results. Overall however, research has confirmed that lavender's essential oil has therapeutic benefit when applied topically or inhaled for its balancing, soothing and calming effects, and for treatment of conditions such as insomnia, anxiety, depression, and fatigue. True lavender is a familiar essential oil used topically for pain relief as it enhances the effect of conventional medicine by inhibiting the action of nociceptor neurotransmitters.<sup>6</sup> The pain ratings decreased after the third test day in the experimental group of nurses after inhalation of 3% true lavender essential oil compared to the control group where the pain ratings increased.<sup>11</sup>

Sayorwan et al.<sup>12</sup> found that inhaling lavender (*Lavandula angustifolia*) essential oil significantly decreased autonomic arousal as evidenced by decreased blood pressure, heart rate, respiratory rate, and skin temperature; and it increased the power of theta (4-8 Hz) and alpha (8-13 Hz) as demonstrated

by measurement of brain activity via EEG. Mood responses were assessed for subjective behavioral arousal; subjects reported being more relaxed and refreshed. Furthermore, researchers examined the effect of lavender (*Lavandula angustifolia*) and found a downward trend of hemodynamic indices in patients with acute coronary syndrome.<sup>13</sup>

### **Incorporating Lavender into a Holistic Healthcare Program**

The Holistic CARE Team (HCT) at Middlesex Hospital in Middletown, CT, of which this author is the co-chairperson, is exploring ways to provide healing spaces for stress reduction. Caring for the caregiver ripples out to positive outcomes for the patients and their families in their care. The goal is to have staff members feel supported, heard, and valued by cultivating a compassionate environment for clinical practice and self-care. One intervention being considered is the Code Lavender™ concept that signals the need for attention to bring some calming influence to a painful or stressful situation.<sup>14,15</sup> It is a stress management strategy where support and comfort techniques are implemented that heals naturally by eliciting the PSNS, calm the mind and promote a positive attitude. Interestingly, Code Lavender™ has been formalized as a multi-pronged approach to respond to various levels of stress.<sup>14</sup> The HCT views this methodology and concept as too complex. The focused intent of implementing a program is designed to be simple, comforting, and healing.

Upon exploration, this author sought to ascertain the meaning of the chosen terminology, “code lavender,” and learned

of Dr. Earl Bakken at the North Hawaii Community Hospital.<sup>16</sup> He is passionate about a holistic approach to healthcare with balance of mind, body, spirit, nature, and community; all must be addressed to comprise a total healing environment. Dr. Bakken defines blended medicine as the use of science (high tech) and cultural wisdom (high touch) and is known for starting *Patient Lavender* over a decade ago, a request for prayer or to send healing intention. *Patient Lavender* honors each individual’s basic human dignity and personal spiritual practices. Dr. Bakken realizes the importance of faith and emphasizes the need for heartfelt space for the spirit to thrive. While his approach is directed at creating a healing space for patients, healthcare professionals are also immersed in that environment. Coincidentally, the HCT echoes Dr. Bakken and believes *code* to be a word that provokes the stress response in hospital personnel by demanding a rapid, urgent response which elicits the SNS rather than the PSNS, which defeats the intention of the planned intervention. A space must resonate with positive vibrations for comfort and healing to occur. Excitingly, finding the origin and intent of the *Patient Lavender* program lays the foundation for implementing a successful simply designed program by the HCT.

Of note, Code Lavender™ identifies aromatherapy as one intervention that may be provided, however; there are no specifics in the literature that outlines implementation.<sup>14,17</sup> Interestingly, Dr. Bakken approved of three essential oils for patient care to enhance the healing environment: Lavender (*Lavandula angustifolia*), peppermint (*Mentha x piperita*), and grapefruit (*Citrus x paradisi*).<sup>16</sup>

Nomenclature is undecided by the HCT, perhaps *Tender Lavender Care* (TLC) as the focus of this initiative is calmness and intention. Touch and the use of true lavender essential oil are beneficial for relief of stress symptoms. Intermingled, they foster relaxation, decrease irritability, and improve mood accordingly, creating a healing space.

A pampering therapy, TLC will provide an opportunity for presence and intention to sit in silence or stimulate conversation, a willingness to talk, perhaps confide. It will provide a healing environment for the person(s) to regain the strength to cope with challenging situations. The team, consisting of available HCT members, a social worker, chaplain, and anyone trained in healing therapies such as Reiki and Healing Touch, would respond to situations of high stress, when one is feeling overwhelmed; all with intention to offer support, comfort and care to the individual or group in need. TLC is a coordinated effort to protect environmental energy fields against stress, compassion fatigue and burnout. All participants of TLC will be offered an opportunity to pause, share a collective slow, mindful deep breath to restore energy and balance with intent to activate the PSNS by receiving Tocco Della Mani, a Middlesex Hospital term, literal translation is *touch of the hands*, and inhaling true lavender essential oil, letting the negativity and stress flow out.

Dr. Jill Bolte Taylor, a neuroanatomist, explains her 90-second rule that upholds PNI and TLC. Human beings are capable of being mindful and have the ability to affect their wellbeing through the power of thought. This awareness allows for the ability to change and choose one's thoughts that stimulate

feelings and emotions, and subsequently run physiological responses. Normally during periods of stress and negative deliberations, hormones get dumped into the bloodstream, flush through the body, and then leave. The time it takes the thought to enter and the chemical to clear the system takes 90 seconds or less. Constant negative stimulation by rethinking the same harmful thoughts continuously stimulates the physiological and emotional response, perpetuating the person's vulnerability. The intent of TLC is to help change the hardwired pathway for *reaction* to stress with intention and *respond* by recruiting the parasympathetic nervous system (PSNS) to elicit the relaxation response.

The methods of true lavender application will be synergistically applied by topical and inhalation methods. Inherent in aromatherapy is the sensory experience. The wisdom of smell and touch aid in stress reduction. They are not the usual senses that we think of as beneficial in our normal work environment.

The body absorbs the components of the essential oil through inhalation combined with topical application through touch of the skin. To validate this point, lavender is not found in the bloodstream, however the two major constituents, linalool and linalyl acetate, are quickly absorbed through the skin after topical application. They are detectable at the plasma level in about five to seven minutes, peaking at nineteen minutes, and dissipating within ninety minutes.<sup>6,7,10,12</sup> Dermal absorption elicits physiological effects; Tocco Della Mani whereby true lavender essential oil will be diluted 1-2% in a carrier base. Placing the person in a comfortable place and position, thereby allowing the natural connection

created by touch, enhances a healing space and enriches human caring, intention and presence. Movement of the skin by gentle rubbing increases dilation of blood vessels in the dermis and therefore increases absorption of the essential oil. Hands are easily accessible for touch and exposure. Researchers studied the topical application of combined lavender (*Lavandula angustifolia*) essential oil (3%) and clary sage (*Salvia sclaria*) essential oil (2%) on work-related stress in intensive care nurses. They found a wide range of stress levels among the intervention group; however, the perceived stress level decreased in 57.1% of the sample after topical application.<sup>18</sup> Additionally, inhalation is convenient and accessible, noninvasive and a rapid method for essential oil absorption. Inhalation yields psychological effects and subtle energy. This concept was explored for the effectiveness of lavender essential oil inhalation on reducing nurses' job stress symptoms. The benefit of inhalation occurred as the scent and some of the volatile molecules evaporated into the air. The results of the study showed a reduction in the number of stress symptoms after three to four days of wearing an aromatherapy necklace with true lavender essential oil in front of the chest.<sup>11</sup>

Application by inhalation enhances the experience by applying one to two drops of true lavender essential oil on a tissue or cotton ball and inhaling slowly for a few minutes. Diaphragmatic breathing, the act of inhaling peace (through the nostrils) and exhaling stress (through the mouth), yields a sense of calmness and peacefulness. It is a gentle treatment for stress management. Mindful deep breathing is empowering for the recipient and useful for symptoms of fatigue, depression, and insomnia.



Nurse theorists support aromatherapy as a therapeutic modality for creating a healing environment. Florence Nightingale's Environmental Theory purports putting the person in the best place for nature to act upon for healing to occur. This includes self-care and respect for one's own environment as sacred space worthy of attention and preservation for enhanced health, healing and wellbeing. Aromatherapy appeals to the sense of touch and smell by creating an environment conducive for natural healing. Jean Watson's Theory of Human Caring asserts that caring and healing are related and connected. Touch, presence and intention with the essential oil true lavender, manifests symphonic resonance in the transpersonal caring relationship by creating a harmonious space. Martha Rogers further supports aromatherapy as vibrational healing by restoring balance in energy frequencies. Each essential oil possesses its own unique vibrational pattern that dynamically interchanges with the energy pattern of the person, affirming Rogers' Science of Unitary Human Beings. The species of lavender (*Lavandula angustifolia*) possesses a frequency pattern and its own energy vibration unique to its nature, hence

its part in playing the major role in healing. Accordingly, the subtle energy work of essential oils repatterns frequencies in the meridians, energy fields, chakras, acupressure points, and intuition. And Margaret Maury asserts an individualized approach in the application of essential oils for promoting an enhanced sense of wellbeing and rejuvenation.

The combination of gentle touch and mindful inhalation of true lavender, cultivates the release of life force, the free flow of energy within, naturally bringing about health and healing. A pleasant smell combined with soothing, gentle touch naturally facilitates a relaxation response. Touch with intention creates a natural connection that causes the release of endorphins and oxytocin resulting in feelings of calm, peace, and centeredness. Transcendence occurs with the symphonic blend of true lavender essential oil, touch, mindful breathing, grounding and centering, presence and intention creating a transpersonal caring moment that excels at managing stress and creates a healing space. Further, a synergistic blend of touch and smell enhances the therapeutic healing environment and helps to restore balance of all dimensions of mind, body, spirit, and emotions. Other holistic interventions for adopting a healthy lifestyle for self-care will be encouraged by the HCT and TLC. Regular exercise, quality sleep, and choosing healthy foods nourish and heal the biological and physiological body processes.

Ultimately, the *Tender Lavender Care (TLC)* will provide a listening ear, a healing presence, and relaxation modalities such as Tocco Della Mani, Reiki, Healing Touch, spiritual care, and aromatherapy, exclusively lavender

(*Lavandula angustifolia*). By reducing or eliminating stress, we naturally boost the immune system and therefore decrease the risk of illness or dis~ease.

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Deb DePasqua, MSN, RN, HNB-BC is Integrative Aromatherapy Certified, graduating from the *Institute of Integrative Aromatherapy*. Deb is passionate about sharing her expertise, positive energy and

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# Conquering the Fear Within

by Amy Emmett



Fear is a natural response to danger. It protects us from legitimate threats by sharpening our senses and making our bodies react in ways we didn't know were possible. It is vital to our survival as humans. Fear can be provoked due to a previous, traumatic experience or it can simply be fear of the possibility of something going wrong. Abnormal fear can cause dread, despair, and a consistent mental state of apprehension.

So what if fear manifests itself in such a way that causes you to hesitate to take good risks? What if you have conditioned yourself to have a fear response with certain situations? How do you move past the fear and into a normal state of emotional well-being? In this article we will look at how aromatherapy and flower essences can support our psychological, and in turn, our physiological self.

## Anatomy of Fear

First of all, let's look at how the emotion of fear establishes changes in our physical self. When we are exposed to a stimulus that incites fear, our senses send a message to the thalamus to "figure it out." The thalamus then sends the message to the amygdala, that then signals the hypothalamus to emit the "fight-or-flight response." Then, there is a release of epinephrine (adrenaline) and norepinephrine (noradrenaline) into the bloodstream. These "stress hormones" cause several changes in the body, including an increase in heart rate and blood pressure.<sup>1</sup>

This reaction can be beneficial in saving our lives.

It's that adrenaline rush that we hear about when a petite woman lifts a car off her child. However, what if we are living in constant fear? Our adrenal glands are overworked and our mind, along with our physical body, is under a consistent stream of stress. This can cause our immune system to malfunction, which in turn causes us to become ill more often. Conquering fear is not only strengthening for our emotional core, but it can assist with physical balance. In the case of fear, we must deal with the emotional root in order to heal the physical outcome it invoked.

Let's look at the science of aromatherapy and how that works in the body. Aromatherapy works with our olfactory system. This has a direct tie to the limbic system in the brain, which is our emotional center (as stated above). Inhaling an essential oil can have an immediate and powerful impact on our emotions due to this physiological link.

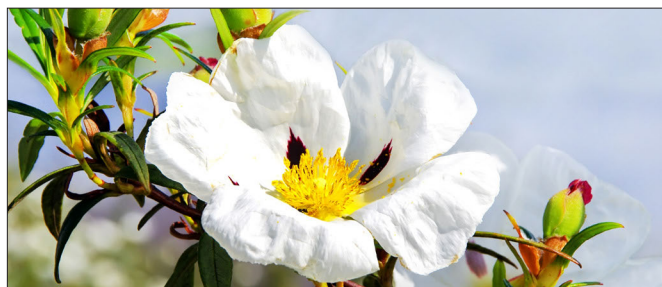
## Suggested Essential Oils

Let's examine some essential oils that have been traditionally used in overcoming fear. In situations where fear is minor and needs to be overcome, I like to combine inhaling the essential oil with a positive affirmation. The mind is very powerful. In order to achieve something, we need to believe in it.

This affirmation is a verbal reminder to your consciousness of this belief.

Start by inhaling the essential oil during a time when you feel centered and calm. Do it in a quiet and peaceful environment, such as during meditation. Focus on your calmness when inhaling the essential oil. Then, when facing a situation that you find fearful, use this same aroma and affirmation. The combination of the essential oil's chemistry and the aroma brings you back to a time where you experienced peace and tranquility and it will instill calmness in the mind. Practicing this aromatherapy technique several times can be healing in moving past the fear that stifles you.

**Sweet orange** (*Citrus sinensis*) is an essential oil that is cold pressed from the orange rind and therefore replicates the aroma of its corresponding freshly-squeezed fruit. Its aroma is vibrant and uplifting. It is a happy essential oil that exudes warmth, positivity, and joy. Children especially gravitate towards this aroma. It is particularly helpful with



*Cistus* (*Cistus ladanifer*)

letting go and reducing obsessions. This could mean letting go of our anxieties or feelings of not being good enough. It encourages taking that leap that you are hesitant about. It makes you feel optimistic and motivates you to expose your inner radiance. Studies have shown it to be effective in reducing anxiety and improving mood in females at the dental office.<sup>2</sup>

**Neroli** (*Citrus aurantium* var. *amara* (*flos*)) is a complex yet stunningly beautiful combination of floral and citrus aromas. It is instantly uplifting and profoundly calming. It is indicated for shock and trauma. Whenever I take a few deep inhalations of neroli essential oil, I feel like the weight of my worry is lifted off my shoulders. I feel peaceful and content, even if my troubles are still there. Neroli offers emotional stability and brings lightness to a heavy heart. Research finds that it is helpful to relieve preoperative fear and anxiety.<sup>3</sup>

**Lavender** (*Lavandula angustifolia*) is a gentle floral essential oil that exudes feelings of calmness. It encourages security. It is like a familiar, comfortable blanket that embraces you and makes you feel safe. It is harmonizing to the mind and body. It dissipates tension and irritability. It is a very balancing essential oil that has a motherly nature. It has also been studied for its fear relieving effects and lowered blood cortisol levels pre-op.<sup>4</sup>

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“Winds of Change” Aromastick

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**Essential Oils:**

7 drops lavender (*Lavandula angustifolia*)

5 drops frankincense (*Boswellia sacra*)

3 drops ylang ylang (*Cananga odorata*)

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**Directions for Making and Use:**

Combine the essential oils and add the blend to the organic cotton wick. Twist off the cap and inhale deeply. Put the cap back on. Use when needed.

**Cautions:** If headache or nausea occurs, lessen or discontinue use.

**Frankincense** (*Boswellia sacra*) is an essential oil derived from resins. Resins ooze out of the tree to protect and heal the wound of the tree. We can relate that to frankincense and the protective energy it manifests on the human psyche. It encourages one to step out of their comfort zone. It is highly regarded in meditation to look deep within us to face our fears. It is wise and enlightening.

**Spikenard** (*Nardostachys jatamansi*) is an earthy essential oil extracted from the root. It is grounding and can have a strong sedative effect.<sup>5</sup> It can calm the racing heart, squash excessive thinking, and encourage peace and tranquility. It is supportive when you feel out-of-sorts and confused. It helps us to release our fears of the unknown and have the courage to move forward.<sup>6</sup> It heals on a spiritual level and encourages peace.

**Jasmine** (*Jasminum grandiflorum*) is an intense floral absolute that can diminish fear. It helps us to accept ourselves and boost our self-esteem. It is your cheerleader and tells you that “you can do it.” It helps us to release our inhibitions. It is powerful in times of grief. So if your fear stems from grief, this essential oil can be magical for overcoming the feelings of sadness and move past the fear that paralyzes you.

**Cistus** (*Cistus ladanifer*) is good in feelings of disconnection. It helps you to connect with your spiritual side to overcome the fear, especially when used during meditation. It is warming to the heart. It is especially helpful after trauma or suffering a dramatic loss and the fear that it ignites.

**Ylang Ylang** (*Cananga odorata*) is another exquisite floral essential oil that has an affinity




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“No More Monsters” Diffuser Blend

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**Essential Oils:**

- 2 drops sweet orange (*Citrus sinensis*)
- 2 drops Roman chamomile (*Chamaemelum nobile*)
- 1 drop ylang ylang (*Cananga odorata*)
- 1 drop cedarwood (*Cedrus atlantica*)

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**Directions for Use:**

Add the essential oils to an ultrasonic diffuser that is filled with water. Run the diffuser in the child’s room for 15-20 minutes before bed and then turn off. Refer to diffuser manufacturer’s guidelines for correct use of the diffuser.

to the heart and feelings of love. This essential oil is indicated in fear of change, fear of loving, fear of failure and fear of madness. Ylang ylang combined with lavender (*Lavandula angustifolia*) essential oil and frankincense (*Boswellia sacra*) essential oil can be instrumental in moving past fear of change.<sup>6</sup> Ylang ylang washes over you with feelings of love and self-confidence.

Another consideration is that the best essential oil choice can be very individualized. You should seek aromas that are comforting to you or invoke good memories. We can each

resonate with certain essential oils that might give us the sense of tranquility and the emotional balance that we desire.

## Flower Essences

Flower essences are the gentle, bioenergetic imprints of a flower that are stabilized in water. They help us to recognize, resolve, and release emotional, mental, and spiritual difficulties. In doing so, it is harmonizing to the body and mind. Flower essences focus on our psychological health or what Traditional Chinese Medicine (TCM) calls Shen or Spirit.

How are flower essences different than essential oils? Imagine a sliding scale of concentration of botanical remedies. Flower essences would be the most gentle and least concentrated while essential oils would be the most concentrated. Flower essences are odorless. They have no contraindications and can be used safely for children, adults, and even pets.

Flower essences are homeopathic in nature but do not contain any physical botanical remains. They are energetic and shift us out of destructive emotional patterns. They are created when flowers are placed in a bowl of spring water and left in the sun or moon for hours. The flowers are removed and you are left with the water. Then, like homeopathy, you dilute, dilute, dilute

and then preserve in alcohol. Dr. Edward Bach discovered flower essences. He was a medical doctor and homeopath amongst other specialties. He identified thirty eight flower

essences to address roots of emotional imbalance. Many practitioners go beyond the thirty eight flower essences and look at the doctrine of signatures to suggest a flower essences' therapeutic action.

Flower essences are usually taken internally. They can be placed directly on the tongue or in a glass of water. They can also be used in topical application. I personally like to add them into my essential oil blends. Since they are purely energetic, I feel they enhance the energetics of the essential oil synergy. The flower essences I would suggest for fear are:

**Aspen** (*Populus tremuloides*) is a tree that is known to shake, also called "quaking." Therefore this flower essence is indicated when one is in panic and trembling in fear. It helps with fear of the unknown and vague, inexplicable fear. When you don't know why you are afraid, you just are. You feel impending doom but there is no reason to think that way. This flower essence can be useful in nightmares and night terrors in adults and children.

**Cherry Plum** (*Prunus cerasifera*) is indicated for fear of going crazy or losing control due to stress. It is a fear of having a



FROM TOP: Rock Rose (*Helianthemum nummularium*), Wood Crane's Bill (*Geranium sylvaticum*) and Mimulus (*Mimulus guttatus*)

nervous breakdown; when you just can't take it anymore. This kind of fear can register physically in the lower back. This flower essence is useful for those who feel the need to control the outcome and fear what could happen if they don't. It is useful for those whose fear leaves them completely unable to focus or to act.

**Rock Rose** (*Helianthemum nummularium*) is indicated for intense fear, hysteria, or panic. This flower essence is good for extreme phobias that literally paralyze you. It can also be visualizing an event over and over again in your head. For example, you are so scared of flying that you cannot stop imagining a plane crashing in your head. You don't want to see it but your mind won't stop playing it.

**Mimulus** (*Mimulus guttatus*) helps you when you feel a minor fear that you can identify such as fear of spiders. You get nervous and have a knot in your stomach when you are around your fear. Your palms start to sweat and you get very quiet. This is indicated when you have a fear of an upcoming event that you are not looking forward to (e.g. dentist, public speaking, etc.)

**Wood Crane's Bill** (*Geranium sylvaticum*) helps to resolve fear of being unwanted or rejected. This essence helps you to feel safe and secure in yourself. It helps with fear of transition. It helps us to trust in ourselves that we are enough and we can persevere.

## Conclusion

Our emotional core is the center of our humanity. We must nurture this part of ourselves through self-love and nourishing our bodies with botanical healing. We must feed our soul in order to live life to the fullest.

Living with fear isn't your only option. With complementary modalities such as aromatherapy and flower essences, along with holding your well-being in high regard, you can conquer the darkness of fear and gain trust in your journey.

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## About Amy Emmett:

Amy Emmett is a clinical aromatherapist and certified holistic health professional. She is the owner of Blossoms+Blends Aromatherapy, located in St. Louis, Missouri, where she resides with her husband and three small children. She brings together her knowledge of aromatherapy, nutrition, herbs, and flower essences to create a holistic picture for her clients. She is a passionate educator who empowers others through engaging classes and workshops. Amy is a professional member of both NAHA and AIA, and she is the NAHA Missouri Director. She is an avid learner who enjoys sharing the beauty of holistic health with others to help them achieve their wellness goals. Contact Amy for information at her website: [www.blossomsandblends.com](http://www.blossomsandblends.com)



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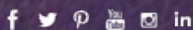
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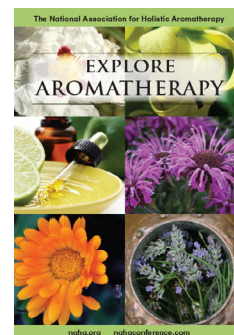
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# MRSA and Your Child: What Every Parent Should Know

by Anna Doxie, RA



## What is MRSA?

Each year worldwide, people young and old alike, develop an infection from the drug-resistant *Staphylococcus* bacteria. This bacterium, methicillin-resistant *Staphylococcus aureus* is known as MRSA. MRSA is now resistant to even the most common antibiotics used today. This bacteria naturally accumulates, as part of our “normal flora” on the skin and inside of our noses, causing no major issue. However, if it gets inside the body—for instance, under the skin or it spreads to an organ or body system—you become at risk of infection. Such infections are usually treated using antibiotics. MRSA, now being resistant to antibiotics, makes infections even more of a challenge to find effective treatment.<sup>1</sup>

Allopathic medicine primarily relies on antibiotics to fight bacterial infections. Some



Illustration of methicillin-resistant staphylococcus aureus (MRSA)

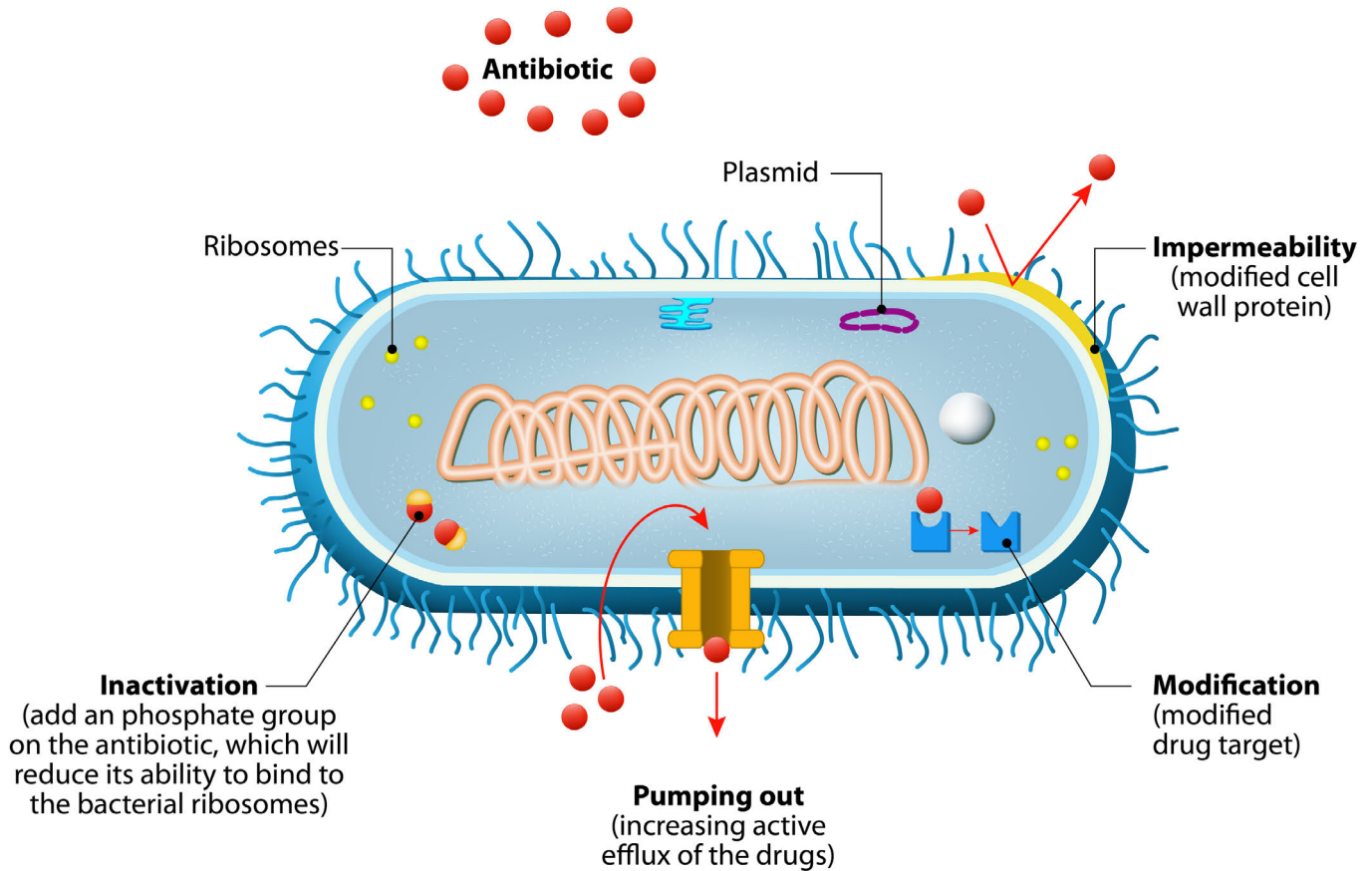
antibiotics are naturally reoccurring and some synthetic or man-made substances have proven capable of killing or limiting the growth of the bacterium.

“Methicillin-resistant *Staphylococcus aureus* is an example of a ‘superbug’ or bacteria that has developed resistance to methicillin, which is an antibiotic class known as the beta-lactams. Beta-lactam antibiotics are capable of killing a variety of Gram positive and Gram negative microorganisms by impairing the cell’s ability to form peptidoglycan, a necessary component for cell structure and stability. Bacteria that have become resistant developed enzymes known as penicillinases and beta-lactamases, which are capable of destroying the beta-lactam ring structure or functional group of these antibiotics.”<sup>2</sup>

This bacterium, once colonized, can turn life threatening in a very short period of time, especially in children.

The infection begins where the epidermis has been compromised by a small cut, puncture, abrasion or bug bite, allowing an opportunity for the bacteria to enter the body. If noticed immediately, it can be quickly and easily treated at home. Left unnoticed or untreated, it can literally spread to an organ or body system, or bloodstream. It is of utmost importance, for parents to be aware and take notice of symptoms.

# MECHANISMS OF ANTIMICROBIAL RESISTANCE



## Why are Children at Risk?

MRSA is a valid concern, as it is harder to treat than other infections due to its resistance.

You can have an un-compromised immune system and still contract MRSA. This is known as community CA-MRSA. It branches out to those in the community from skin to skin contact. This happens repeatedly each day with children sharing equipment at day care centers, schools, playgrounds, play centers and gym facilities.

## Know the Signs and Symptoms

The signs and symptoms of MRSA include:

### (1) An unusual bump:

- A)** May or may not be painful.
- B)** Swollen, hard or hot to the touch.
- C)** You notice that size increases in a short period of time.
- D)** It may be filled with fluid.
- E)** It may resemble a boil.\*

\* *Do not try and drain the boil/lesion on your own, as you could cause the bacteria to spread.*

**(2) Your child may experience:\*\***

- A)** Flu like symptoms
- B)** Chills
- C)** Fever
- D)** Rash
- E)** Head or body aches
- F)** Nausea
- G)** Blood in urine or bowel movement
- H)** Trouble breathing.

*\*\* MRSA is not usually a medical emergency. But if experiencing symptoms in case (2), contact your doctor immediately.*

**(3) If left unnoticed and untreated:**

- A)** It may infect others when they come into skin-to-skin contact.
- B)** Damage tissue in surrounding areas.
- C)** Get infected and spread throughout the body.

**Can MRSA be Prevented?**

Although serious, you can take steps to prevent the infection:

- Wash your hands frequently and teach your children to do the same.
- Change bandages daily.
- Keep affected area covered with sterile bandages.
- Do not touch infected areas.
- Do not share personal care items, e.g. utensils, towels, or toothbrushes.
- Regularly disinfect toys and equipment in your home.
- Tell others you have an infection so they too can take precautionary steps.

**Why You May Want to Use Natural Remedies First**

It may take time to find an antibiotic that is not resistant to CA-MRSA. Synthetic medications may cause minor to harsh side effects such as nausea, vomiting, additional skin rashes and even diarrhea, constipation or sun sensitivity. It is your right, as the parent, to participate in your child's care. Share your concerns with your caregiver or health professional. Discuss options for treatment that are best suited for your family.

**Using Essential Oils to Safely Treat MRSA in Children**

First and foremost, when dealing with a childhood illness, such as a bacterial infection, is safety and any contraindications when preparing applications for children. Age, weight and overall health of the child also comes into play, when determining appropriate choices to self-treat your child.

Essential oils have been used for generations. In France, they are often prescribed by medical doctors instead antibiotics. Essential oils are highly regarded by essential oil experts and their studies have proven to be effective against infectious diseases, both internally and on the skin.<sup>3</sup>

Tea tree (*Melaleuca alternifolia*) essential oil is considered a safe alternative to drug therapies for treating MRSA skin infections. This essential oil is most commonly used for topical application for skin infections. It has also proven suitable and effective, in natural based, antibacterial hand soaps, sanitizing sprays and other household products.<sup>4</sup>

The essential oils of grapefruit (*Citrus x paradisi*), lemongrass (*Cymbopogon citratus*) and clary sage (*Salvia sclarea*), have demonstrated to be highly effective in inhibiting MRSA on patients admitted to hospitals. The results indicate these essential oils may be further tested to understand their clinical application as potential dermally applicable ointments to alleviate the symptoms of MRSA. Essential oils could also be effective agents for healing infectious disease in people in countries where antibiotics are not currently available.<sup>3</sup>

Ninety-one essential oils, each distilled from a single plant source, and obtained commercially, were tested using the “disc diffusion assay” to determine their ability to inhibit methicillin-resistant activity *Staphylococcus aureus* (MRSA). However, only a handful of those essential oils were shown to be safe for children between two and five years of age. Of those tested, these were:

- Lemongrass (*Cymbopogon citratus*)
- Lemon eucalyptus (*Eucalyptus citriodora*)
- Pine (*Pinus strobus*)
- Cypress (*Cupressus sempervirens*)
- Lavender (*Lavandula angustifolia*)
- Spruce (*Picea sitchensis*)
- Roman chamomile (*Chamaemelum nobile*)
- Ylang ylang (*Cananga odorata*)
- Frankincense (*Boswellia carteri*)
- Sweet orange (*Citrus sinensis*)
- Lemon myrtle (*Backhousia citriodora*).

These results indicate that essential oils used alone, and in combination, can inhibit MRSA in vitro. Application of these results may include the potential use of essential oils as an



Lemongrass (*Cymbopogon citratus*)

alternative therapy for various diseases sustained by *S. aureus* MRSA.<sup>5</sup>

A combination of citricidal (grapefruit seed extract) and geranium (*Pelargonium graveolens*) essential oil showed the greatest anti-bacterial effects against MRSA. A combination of geranium essential oil and tea tree (*Melaleuca alternifolia*) essential oil was highly active against the methicillin-resistant *S. aureus*. This study demonstrates the potential of essential oils, and even their vapors through the form of diffusion, as effective antibacterial agents for use in the treatment of MRSA infection AND safe use for children between the ages of two and five years.<sup>6</sup>

“Plant essential oils have been used for hundreds of years as natural medicines to combat a multitude of pathogens, including bacteria, fungi, and viruses. Several essential oils confer antimicrobial activity by damaging the cell wall and membrane, leading to cell lysis, leakage of cell contents, and inhibition of proton motive force. In addition, there is evidence that they effectively kill bacteria

without promoting the acquisition of resistance. Finally, many essential oils are relatively easy to obtain, have low mammalian toxicity, and degrade quickly in water and soil, making them relatively environmentally friendly.”<sup>7</sup>

Essential oils have proven effective against CA-MRSA. However, the same oils you would use on a child to treat MRSA, or any other infections, cannot always be used on an adult. Therefore careful planning is necessary. Know the signs and symptoms of MRSA and act quickly. Recognize them in your family. Make your concern heard by your medical professional and refuse to go home or demand further tests and treatment. A responsive diagnosis, along with effective treatment, can make the difference between life and death.

### Resources for Families:

Useful links for more information on MRSA and staphylococcus aureus:

Centers for Disease Control, MRSA in Schools: <https://www.cdc.gov/mrsa/community/schools/index.html>

Centers for Disease Control, Staphylococcus aureus: <https://www.cdc.gov/mrsa/index.html>

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### About Anna Doxie:

Anna Doxie is a Registered Aromatherapist, Organic Cosmetic Formulator, and Essential Oil Educator. She serves on the Board of Directors for NAHA, as the Director Coordinator and Regional Director for Southern California. She is also the Founder and Director of the Institute of Holistic Phyto-Aromatherapy. To learn more about Anna, please visit her website: [www.authenticaromatherapyeducation.com](http://www.authenticaromatherapyeducation.com)

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# The *Rutaceae* Plant Family

by Cheryl Murphy, Certified Aromatherapist



The *Rutaceae* plant family (also called the *Rue* family) is a group of flowering plants composed of over 2000 species. Most species are woody shrubs and trees (a few are herbaceous perennials) and are found mainly in warm and tropical regions and semi-arid woodlands throughout the world. Citrus fruit trees, such as lemon (*Citrus x limon*), lime (*Citrus aurantifolia*), grapefruit (*Citrus x paradisi*) and sweet orange (*Citrus sinensis*), are the most commonly known plants of this family and are of the most economic importance, but there are many members of this plant family that are grown as ornamentals. These include the hardy orange (*Poncirus trifoliata*), Japanese skimmia (*Skimmia japonica*) and Chinese skimmia (*Skimmia reevesiana*) as well as the orange jessamine/orange jasmine (*Murraya paniculata*). Perhaps the most unusual is the “gas plant” (*Dicatanthus albus*), a poisonous herb that has attractive white or pink flowers. The leaves can be squeezed to release the aromatic oil into the air, which can then be ignited by a match.<sup>1</sup> Members of the *Rutaceae* plant family generally have aromatic leaves, which contain essential oil glands on the surface. Flowers are greenish-yellow or white and are a circular disk with nectar glands. The fruits are berries, drupes, hesperidia (a modified berry with a

thick, leathery rind) or samaras.<sup>2</sup>

## The *Rutaceae* Plant Family in Aromatherapy

The most common essential oils from the *Rutaceae* plant family are usually expeller pressed (also called scarification or cold pressing).<sup>3</sup> This process is used for citrus fruits where the essential oil is found in the peel or rind. There is little to no heat involved in this method. During this process, the rind of the fruit is placed in a container which has spikes that puncture the peel while the device is rotated. The puncturing of the rind releases the essential oil that is then collected in a small area below the container.



Bergamot (*Citrus bergamia*)

The resulting emulsion consists of essential oil, juice, water and fruit particles. This emulsion is then filtered or passed through a centrifuge, a machine that uses centrifugal force to separate substances or particles. Some citrus essential oils are also steam distilled. The main differences between a distilled citrus essential oil and an expressed citrus essential oil involves the toxicity, volatility, and aroma. It should be noted that some citrus essential oils are phototoxic, meaning they may cause a reaction when applied to the skin and exposed to UV light, even in a diluted blend. Reactions may include severe redness or sunburn,

darkening of the skin, swelling or blistering. Some citrus essential oils, such as bergamot (*Citrus bergamia*) essential oil, are available in bergaptene-free varieties, which are not phototoxic.

Essential oils extracted from the Rutaceae plant family are usually balancing to the digestive system, good for a variety of skin conditions, calming, uplifting and energizing.<sup>4</sup> These essential oils are particularly effective for anxiety and depression and many are gentle enough to be used safely with children.

### Essential Oils from the *Rutaceae* Plant Family

#### Amyris

**Botanical Name:** *Amyris balsamifera*.

**Plant Description:** A small bushy tree with white flowers found mostly on the island of Haiti.

**Method of Extraction:** Steam distillation of the wood and branches.

**Synonyms:** East Indian Sandalwood, Mysore Sandalwood, Balsam Torchwood.

**Main Chemical Components:** Sesquiterpenes, sesquiterpenols.

**Main Therapeutic Properties:** Anti-anxiety, sedative, cicatrizant, antiseptic, calming.

**Uses in Aromatherapy:** Often used as a perfume "fixative" to extend the fragrant life of a blend; can be used as an alternative to the sandalwood (*Santalum* spp.) essential oils; natural insect repellent.

**Contraindications:** None noted.

#### Bitter Orange

**Botanical Name:**

*Citrus aurantium* var. *amara*.

**Plant Description:** An evergreen tree with dark green, glossy oval leaves with long (but not sharp spines), fragrant white flowers, and small, dark fruits.

**Method of Extraction:** Cold expression of the fruit peel.

**Synonyms:** *Citrus vulgaris*, *Citrus bigaradia*, Seville orange, sour orange bigarade (oil).

**Main Chemical Components:** Esters, monoterpenes.

**Main Therapeutic Properties:** Anti-anxiety, anti-depressant, antiseptic, anti-spasmodic, digestive tonic.

**Uses in Aromatherapy:** Colds, flu, constipation, acne, flatulence, dull skin.

**Contraindications:** Phototoxic; avoid if oxidized.

#### Bergamot\*

**Botanical Name:** *Citrus bergamia*.

**Plant Description:** A small tree with smooth oval leaves, fragrant star-shaped flowers and small, round fruit that resemble a miniature orange. The fruit is picked while still green and it is inedible due to the sour taste of the pulp.

**Method of Extraction:** Cold expression of the fruit peel.

**Synonyms:** *Citrus aurantium* var. *bergamia*.

**Main Chemical Components:** Esters, monoterpenes.

**Main Therapeutic Properties:** Analgesic, antiseptic, anti-depressant, antiviral, digestive, diuretic.





**Note:** Petitgrain, neroli and bitter orange essential oils are produced from different parts of the bitter orange tree.

The flower (LEFT) and fruit (RIGHT) of the orange tree (*Citrus aurantium* var. *amara*).

**Uses in Aromatherapy:** Skin care (acne, eczema, oily skin), flatulence, cystitis, urinary tract infections, cold sores, anxiety, and depression.

**Contraindications:** Extremely phototoxic.

\*Bergamot FCF, which stands for “furocoumarin-free” is bergapten-free and it’s not phototoxic. Bergaptene is the chemical component which cause phototoxicity in this essential oil.

### Neroli

**Botanical Name:**

*Citrus aurantium* var. *amara* (*flos*).

**Plant Description:** An evergreen tree with glossy, dark green leaves and fragrant white flowers.

**Method of Extraction:** Steam distillation from the freshly picked flowers (850 kg of carefully picked orange flowers yields 1 kg of neroli essential oil after steam distillation).<sup>5</sup>

**Synonyms:** Orange blossom, orange flower, neroli bigarade, *Citrus bigaradia*, *Citrus aurantium* var. *amara*.

**Main Chemical Components:**

Monoterpenes, esters, alcohols.

**Main Therapeutic Properties:** Antiseptic, anti-depressant, aphrodisiac, antibacterial, digestive, calming.

**Uses in Aromatherapy:** Anxiety, depression, insomnia, flatulence, skin care, PMS, shock and trauma.

**Contraindications:** None noted.

### Petitgrain

**Botanical Name:**

*Citrus aurantium* var. *amara* (*fol*).

**Plant Description:** An evergreen tree with glossy, dark green leaves and fragrant white flowers.

**Method of Extraction:** Steam distillation of the leaf and twigs.

**Synonyms:** *Citrus aurantium* var. *bigardia*, petitgrain bigarade, *Citrus aurantium* var. *amara*.

**Main Chemical Components:** Esters and alcohols.

**Main Therapeutic Properties:** Antiseptic, digestive, antibacterial, anti-inflammatory, sedative, calming, balancing.

**Uses in Aromatherapy:** Acne, oily skin, stress, anxiety, depression, flatulence, stress-related indigestion.

**Contraindications:** None noted.

### Mandarin

**Botanical Name:** *Citrus reticulata*.

**Plant Description:** A small evergreen tree with glossy leaves, and fragrant flowers that bears a fleshy greenish-orange fruit.

**Method of Extraction:** Cold expression of the fruit peel.

**Synonyms:** *Citrus nobilis*, *Citrus madurensis*, *Citrus unshiu*, European mandarin, true mandarin, satsuma.

**Main Chemical Components:** Monoterpenes.

**Main Therapeutic Properties:** Digestive tonic, anti-anxiety, sedative, analgesic, anti-depressant, anti-spasmodic.

**Uses in Aromatherapy:** Acne, oily skin, stretch marks, insomnia, nervous tension, fluid retention, and intestinal issues.

**Contraindications:** May irritate skin if oxidized.

### Sweet Orange

**Botanical Name:** *Citrus sinensis*.

**Plant Description:** An evergreen tree (smaller than the bitter orange variety) with dark green leaves; the orange colored fruit has a sweet pulp.

**Method of Extraction:** Cold expression or steam distillation of the rind.

**Synonyms:** *Citrus aurantium* var. *sinensis*, *Citrus aurantium* var. *dulcis*, Citrus bigarade, Seville orange, Portugal orange.



Yuzu (*Citrus junos*)

### Main Chemical Components:

Monoterpenes.

**Main Therapeutic Properties:** Anti-anxiety, anti-depressant, antiseptic, anti-spasmodic, digestive tonic, anti-viral, sedative.

**Uses in Aromatherapy:** Colds, flu, stress, oily skin, constipation, and diarrhea.

**Contraindications:** Avoid if oxidized.

### Yuzu

**Botanical Name:** *Citrus junos*.

**Plant Description:** A small tree with smooth, deep green, oval leaves and attractive white flowers. Fruits are small and golden colored. Grown mainly in Japan and Korea.<sup>6</sup>

**Method of Extraction:** Cold expression of the rind.

**Synonyms:** Yuja.

### Main Chemical Components:

Monopertenes.

**Main Therapeutic Properties:** Anti-bacterial, anti-depressant, digestive stimulant, sedative.

**Uses in Aromatherapy:** Stress, nervous tension, anxiety, colds/flu.

**Contraindications:** Avoid if oxidized; most likely not phototoxic.<sup>7</sup>

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### Izzy's Blend: A Calming Inhaler Blend for Children (ages 5 and up)

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#### Essential Oils:

- 4 drops tangerine  
(*Citrus reticulata* var. *blanco*)
  - 4 drops neroli  
(*Citrus aurantium* var. *amara* (flos))
  - 4 drops mandarin (*Citrus reticulata*)
- 

#### Directions for Making and Use:

Place essential oils on the cotton wick of an aromatherapy inhaler; insert the wick into the tube and seal with the bottom plug. Screw on the outer cover to keep the inhaler fresh. Remove cap and inhale deeply as needed.

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### Sarah's Anti-Anxiety Blend for Use with Aromatherapy Jewelry

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#### Essential Oils:

- 3 drops neroli  
(*Citrus aurantium* var. *amara* (flos))
  - 5 drops FCF bergamot (*Citrus bergamia*)
  - 5 drops white grapefruit (*Citrus x paradisi*)
  - 4 drops sweet orange (*Citrus sinensis*)
- 

#### Directions for Use:

Combine all ingredients in a 0.25 oz. dram bottle with orifice reducer and shake gently to combine. Apply a very small amount (no more than one drop) to the aromatherapy bracelet, pendant or necklace, following the manufacturer's directions. Let it dry completely before coming into contact with skin. Reapply in one to three days. May also be used as a traditional diffuser blend.

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#### About Cheryl Murphy:

Cheryl Murphy holds a BS degree in Elementary Education and a Master of Arts degree in Teaching. She has over 30 years of classroom experience and she is a professor at Virginia Western College. Cheryl graduated from *Sedona Aromatherapie LLC* as a certified aromatherapist in the Level 2 (250 hour) *Certificate in Professional Aromatherapy Course* and has completed additional aromatherapy training with *Stillpoint Studies*.

In addition to her role as an educator, Cheryl designs aromatherapy jewelry (*FYB Bracelets*) and is co-owner of *Essential Bliss*, offering bath/body products, consultations, and essential oil education. Cheryl resides in rural Virginia where she enjoys life on her mini-homestead growing her own herbs, flowers and vegetables and raising a flock of chickens.

Cheryl is a professional member of NAHA and she is the NAHA regional director for Virginia (southwest).

To learn more about Cheryl, please visit her website at: [www.fybbracelets.com](http://www.fybbracelets.com)



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# Zest Myrtle: The Birth of a New Australian Essential Oil

by Greg Trevena

Zest Myrtle © Greg Trevena

Australia is a continent full of unique flora. In recent decades a growing number of people in Australia are connecting closer to the Australian flora, instead of previous preferences to exotic or non-Australian flora. Many Australians, overseas aromatherapists, natural medicine practitioners and mainstream users have come to trust and use essential oils from eucalyptus (*Eucalyptus* spp.), tea tree (*Melaleuca alternifolia*), Australian sandalwood (*Santalum lanceolatum*), lemon myrtle (*Backhousia citriodora*) and several other Australian species for professional and personal benefits.

Of course it goes without saying that Australia's indigenous people made extensive use of their botanical knowledge across the entire Australian continent. This knowledge obviously led to most likely several thousand Australian plants being used in various applications e.g. food (bush tucker), bush medicine, tools, musical instruments, weapons, etc.

Yet still there is so much to learn (and rediscover) on Australia's unique continent for today's most dedicated, Australian

and non-Australian aromatherapists and other flora users. One of these rediscovered Australian native plants is now available in the form of a new essential oil. This is the story of Australia's newest essential oil: Zest myrtle (*Backhousia citriodora* Variety 'A').

**Common Name:** Zest myrtle.

**Other Common Names:** Sacred myrtle (owing to the difficulty in propagating the plant).

**Botanical Name:** *Backhousia citriodora* Variety 'A'.

**Plant Family:** Zest myrtle belongs to the *Myrtaceae* family; in Australia there are around 70 genera and about 1400 species. The *Myrtaceae* family include *Acmena*, *Backhousia*, *Callistemon*, *Eucalyptus*, *Leptospermum*, *Melaleuca* and *Syzygium* species.

**Aroma Description:** Zest myrtle essential oil has a unique and quite different citronella/lemony type aroma along with woody and pine notes. There are also some hints of the refreshing lemon aroma (like lemon myrtle), but the citral content is usually less than 5%.

**Aromatic Benefits:** It is very invigorating, inspiring, energising and stimulating. For some, it is attractive for meditation.

**Uses:** Oil burner, diffuser, potpourri, air freshener, room deodorizer, soap making, aftershave formulation, candle making, cleaning products, insect repellent.

**Blends With:** Honey myrtle (*Melaleuca armillaris*), lemon myrtle, eucalyptus lemon ironbark (*Eucalyptus staigeriana*), Australian white cypress (*Callitris glaucophylla*) (leaf oil), eucalyptus Australiana (*Eucalyptus radiata*).

**Cautions:** No formal research has been conducted into toxicity on skin, etc. Do not ingest. However zest myrtle essential oil is a little less aggressive than lemon myrtle essential oil in skin care use.

### **The Zest Myrtle Essential Oil Discovery Story**

Zest myrtle was first encountered by a European Australian, Mr. J.R. Archibold, in 1950, while he was wild harvesting traditional lemon myrtle trees for essential oil supplies, near Miriam Vale, in south east Queensland. During harvesting, he noticed an unusual smell in the leaves from some of the lemon myrtle trees.

The unusual or variant trees totalled around seven trees amongst a population of around twenty-four regular lemon myrtle trees. Mr. Archibold sent plant material for examination to the Sydney essential oil researchers of the day. Over the next twelve months, in Sydney, leaf material was examined under the supervision of pre-eminent Australian essential oil scientist and chemist, Arthur

Penfold, and his team at the Museum of Applied Arts and Sciences, in Sydney.

The unique chemotype of essential oil was analyzed in 1950 and 1951 and then reported in the *Journal and Proceedings of the Royal Society of New South Wales* in late 1951, by Arthur Penfold and his team.

They described and reported the unique citronellal content: “It is of interest to note that this is the first recorded occurrence of *laevo*-citronellal in an Australian essential oil. The citronellal isolated from this source possesses the highest optical rotation, viz.  $\alpha_D -14.21$  degrees.”

In the late 1990s the plant was again re-evaluated by Australia’s Commonwealth Scientific and Industrial Research Organization (CSIRO), with the essential oil being tested again from several wild zest myrtle trees.

In the year 2000, a small plantation of zest myrtle trees was established, in mid-north New South Wales.

The plantation was trial harvested in 2004 and more so in 2010. The essential oil from the 2010 harvest was sampled and tested by Greg Trevena over a two year period from 2012 through to 2014.

Following very positive feedback from focus groups, aromatherapists and other essential oil enthusiasts, *Essentially Australia* decided to release the essential oil in late 2016.

In early 2016, the farmer and *Essentially Australia* agreed on a supply arrangement. At present zest myrtle essential oil is exclusive to *Essentially Australia*.

## Location of Zest Myrtle and Lemon Myrtle Wild Populations in Australia

### Zest Myrtle (*Backhousia citriodora* Variety 'A')

In the wild, zest myrtle is a relatively rare plant, found in rainforests of south east Queensland. At present they are known in two separate rainforest locations at Miriam Vale and one also at Noosa Heads.

A zest myrtle tree was recorded as growing (in rainforest) to 92 feet high (or 28 meters) but often other trees were less than half this height. Lemon myrtle trees have also been recorded of growing up to 100 feet high, or just over 30 meters.

In nearly all instances zest myrtle can be found alongside lemon myrtle trees. However lemon myrtle trees can be found in pure stands without any appearance of zest myrtle trees. There may be also other zest myrtle plants found in other remnant populations where lemon myrtle plants are found, but not recorded as yet.

### Lemon Myrtle (*Backhousia citriodora*)

Lemon myrtle was first described by Bentham in 1866 and Bailey in 1900. It is located only in Queensland, Australia, in the rainforests around Brisbane, Gympie, Noosa Heads, Maroochydore, Eumundi, Miriam Vale and the Atherton Tablelands. The tree grows up to 30 meters (100 feet) high; however usually it is around 10 or so meters (33 feet) high.

### Why would there be two different chemotype trees growing alongside one another?

One botanist has suggested that this is a plant survival mechanism; if one chemotype fails



Plantation of Zest Myrtle (*Backhousia citriodora* Variety 'A')  
© Greg Trevena

(e.g. from insect attack), the other chemotype may have a better chance of surviving with its different chemical properties.

### Lemon Myrtle Essential Oil Production

Commercial plantations of lemon myrtle have been established since 1991, with production coming mainly from northern New South Wales and mid north Queensland. The number of trees in plantation is now approaching two million trees in Australia, with plantations also now being established in South Africa, Malaysia and the USA.

### Zest Myrtle Essential Oil Production

The plantation was established in the early 2000s by a native plant researcher who is also a native seed and plant material collector. Annual production at present is just under 100 kilograms (220 pounds), with all production coming from Australia. All zest myrtle plants in the plantation are consistent, as they were propagated from a particular parent, by

cuttings which ensures a highly consistent essential oil.

### Zest Myrtle Harvesting Method

Leaves and leaf branchlets of zest myrtle are currently hand harvested from a single plantation. The material is then steam distilled for a couple of hours; the cooled water and essential oil is collected and it's then separated.

### The Chemotype Difference: Zest Myrtle (*Backhousia citriodora* Variety 'A') and Lemon Myrtle (*Backhousia citriodora*)

Zest myrtle (*Leptospermum petersonii* Variety 'B') is a different chemotype to the more common lemon myrtle (*Backhousia citriodora*). The term *chemotype* refers to a plant appearing the same on the outside, e.g. bark, leaves, shape and form, but its plant chemistry (and odor) within the leaf being quite different to the regular species.

### Previous Research and Essential Oil Analysis

Research by essential oil researchers into zest myrtle essential oil showed the compound in the range in the table below:

### Comparison of Zest Myrtle with Lemon Myrtle

Compound	Zest Myrtle <i>Backhousia citriodora</i> Variety 'B' %	Lemon Myrtle (premium) <i>Backhousia citriodora</i> %
myrcene	0.3-0.6	Trace to 0.7
linalool	0.3-0.6	Trace to 1.0
citronellal & pulegol	65-90	Trace to 1.0
iso pulegol	5-8	Trace
geranial	0.1-2.5	39+
neral	0.1-2	45+
geraniol	0.1-0.3	Trace

### Zest Myrtle History of Use

**Indigenous use** of this plant is currently unknown. However it is quite reasonable to assume they would have used this plant. Perhaps the leaves were rubbed on the skin to act as an insect repellent, or as a mood enhancer. In addition, the tree's leaves may have been identified as a source of anti-bacterial material.

**British/European use** appears to have been completely non-existent. I have talked with a few local people in close proximity of one population and they had no idea of this tree's existence or its aroma.

**Modern day use** (from 2016 onwards): For aromatherapy, invigoration, and stimulation. This new essential oil could assist with study, creative thinking, energization, possible insect repellent.



## Zest Myrtle Essential Oil Name Development

Over a three month period I asked focus groups to smell the essential oil and come up with descriptions, thoughts and effects of the oil to them. I also offered the opportunity for the groups to suggest a name for the essential oil.

The lemon element was obvious. Some suggested “rainforest lemon,” “gold myrtle,” “citronella lemon,” “bush lemon,” and some even suggested “woody citronella,” as it was mentioned as being a very stimulating oil, in a zesty type of way. Quite a strong percentage said it was like a zesty lemon. Zesty lemon myrtle was suggested by a couple of people. However this seemed a little confusing with “lemon myrtle” or that it might sound like a blend with lemon myrtle. In addition, the aroma of the essential oil seemed so different to lemon myrtle.

“Zesty,” like the rind of a citrus fruit, had good resonance, and also a link to lemon myrtle had some value, as the tree also belongs to the *Myrtaceae* family. Therefore, “zest myrtle” became a natural progression and seemed to fit with a lot of the end users, after smelling the essential oil and hearing the name afterwards. Many agreed that this was an appropriate name.

To the author’s knowledge, there is not an essential oil out on the market starting with the letter *Z*, or at least nothing too significant. This was thought to be an advantage, as it might help the essential oil stand out a little more.

The name was registered with CAS (a division of the American Chemical Society) in 2015. The CAS No. is 1715922-41-0. The botanical name remains the same, as there is no authority or desire to change this name.

Zest myrtle furthers the diversity of aromas in Australian essential oils. I know that there are still more to come. Welcome to Australia’s newest essential oil: Zest myrtle.

### Essential Oil Analysis

#### Zest Myrtle - March 2016

Test	Result
Compound	Area %
myrcene	0.41
trans-beta-ocimene	0.03
linalool	0.45
pulegol	13.16
citronellal	68.24
iso pulegol	5.49
iso iso pulegol	0.74
citronellol	6.08
geraniol	0.16
neral	0.21
geranial	0.21
3,8 terpineool hydrate	1.21
caryophyllene	0.66
bicyclogermacrene	0.34

These results are from the March 2016 Certificate of Analysis of the 2016 zest myrtle harvest, conducted by Southern Cross Plant Sciences, Analytical Laboratory, Lismore, New South Wales.

## Video Story of Zest Myrtle

Visit the following link to learn more about Zest Myrtle: <https://www.youtube.com/watch?v=EMlC6U-pBS0>

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### About Greg Trevena:

Greg Trevena founded *Essentially Australia*, a company which retails the largest range of

Australian essential oils in the world. Greg previously created and operated *Refreshed Lemon Myrtle*, a lemon myrtle personal care brand available in retail outlets in Australia and the United States.

He has written a book, *A Guide to Using Australian Native Essential Oils*, and he has produced over thirty videos on Australian essential oils. Most importantly, he has created his own plantation, which has a number of unique and “yet to emerge,” high quality essential oils, situated just twelve miles from his home town of operation, the popular seaside tourist town of Byron Bay. To learn more about Greg, visit his website at: [www.essentiallyaustralia.com.au](http://www.essentiallyaustralia.com.au) or the YouTube channel *Essentially Australia*.



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# Tarragon

## (*Artemisia dracunculus* L.)

by Jade Shutes, B.A., Dipl. AT, CH



**Other Common Names:** Little Dragon, Mugwort (French), Dragon sage-wort, Dragon wormwood, Estragon, false tarragon.

### Botanical Family:

*Asteraceae* syn. *Compositae*.

### Botany

Tarragon, *Artemisia dracunculus* L., is an aromatic, perennial herb whose distribution spans North America, eastern and central Europe, and most of temperate Asia. The specific epithet *dracunculus* (Latin meaning “little dragon”) is believed to describe its coiled, serpentine root and/or the shape of the leaves, which is reminiscent of a dragon’s tongue (Obolskiy, et al. 2011).



There are two main cultivars or varieties of *A. dracunculus* L. known as French tarragon (*A. dracunculus* var. *sativa*) and Russian tarragon (*A. dracunculus* var. *inodora*) (Vienne et al., 1989). French tarragon has a cool, sweet, licorice-like aroma with slight bitter tones whereas Russian tarragon lacks the anise-like aroma and flavor and is more harsh in flavor (Obolskiy et al. 2011).

French tarragon is prized for its fragrant leaves. Reaching a height of 0.7 to 1.2 meters,

the plant is characterized by thin, erect stems, delicate, narrow, green leaves, greenish-white flowers, and rhizomatous growth. The plant is cultivated extensively in southern Europe, the United States, and several other countries. Most essential oil of tarragon in the US essential oil market is French tarragon.

### History and Myth

*A. dracunculus* is described in several well-recognized herbal reference texts from the 17th to the 19th centuries. Avicenna, Abu Mansur, and Ibn Baitar demonstrated its antipyretic and antifebrile effects as well as its ability to “clear the upper respiratory tract of phlegm and facilitate respiration.” Tarragon was used in the Middle Ages in Armenia for malignant ulcers and as a juice (orally) during plague epidemics; in Europe it was used as a carminative, for stimulating the appetite, and for improving digestive processes, while an alcoholic tincture was used as a sedative and anticonvulsant in epilepsy and seizures (Aglarova et al, 2008).

*A. dracunculus* has a long history of use by Native Americans. The Chippewa used the root as a gynecological aid to reduce excessive flow during the menstrual cycle and to aid in difficult labor. The leaves were chewed for

THIS PAGE: Tarragon (*Artemisia dracunculus* L.)

heart palpitations, and the root was used to make a bath for strengthening children and in steam baths for strengthening elders (Obolskiy et al, 2011).

### Extraction Information

**Country of Origin:** France, Hungary, USA, Italy.

**Part of Plant Used:** Flowering tops and leaves.

**Extraction Method:** Steam distillation.

**Oil Yield:** 0.15-3.1%.

**Color of Oil:** Clear to pale yellow.

### Blending Information

**Odor Description:** Sweet-peppery, anise-licorice-like, sharp.

**Note:** Middle note.

**Blends Well With:** Clary sage, neroli, Roman chamomile, lavender, peppermint, bay laurel, petitgrain.

### Safety Information

Tarragon is not recommended for internal use over an extended period of time due to estragole content.

Estragole syn. *methyl chavicol* occurs naturally in a variety of foods including tarragon (60-75% of essential oil), sweet basil (20-43% of essential oil), sweet fennel (5-20% of essential oil), anise (1% of essential oil), and star anise (5-6% of essential oil) (Council of Europe, 2000).

Estragole (C<sub>10</sub>H<sub>12</sub>O) has been the subject of interest due to studies that have shown estragole can be carcinogenic when administered to mice at high dose levels. However, when used at low dose levels as a flavor, estragole was considered to be

generally recognized as safe (GRAS) in 1965 by the Expert Panel of the Flavour and Extract Manufacturer's Association (FEMA) and was approved by the U.S. Food and Drug Administration (FDA) for food use as a flavor. In 2002 the FEMA Expert Panel reviewed the safety of the use of estragole as a flavor. They stated "In particular, rodent studies show that these events are minimal probably in the dose range of 1-10 mg/kg body weight, which is approximately 100-1000 times the anticipated human exposure to these substances. For these reasons it is concluded that present exposure to methyl eugenol and estragole resulting from consumption of food, mainly spices and added as such, does not pose a significant cancer risk. Nevertheless, further studies are needed to define both the nature and implications of the dose-response curve in rats at low levels of exposure to methyl eugenol and estragole." (Smith et al, 2002). Thus reaffirming GRAS status for estragole.

In the evaluation of the European Committee on Food the estimated intake of estragole, calculated based on its proposed uses and use levels in various food categories, amounted to 0.07% mg/kg bw/day estragole (EFSA 2001). The European Medicine Agency (EMA, 2005) also concluded that the present exposure to estragole resulting from consumption of herbal medicinal products (short time use in adults at recommended doses) does not pose a significant cancer risk.

Recently the European Union has updated existing legislation on flavorings in the light of technical and scientific developments. The resulting Regulation No 1334/2008, which applied from 20 January 2011, now bans the addition of estragole as such to food.

For certain compound foods the Regulation establishes maximum levels for estragole resulting from the use of flavourings or food ingredients with flavouring properties, which naturally contain this substance. The Regulation does not apply to raw foods and non-compound foods and mixtures such as, but not exclusively, fresh, dried or frozen spices and/or herbs, mixtures of tea and mixtures for infusion as such as long as they have not been used as food ingredients (European Union, 2008).

European maximum levels for estragole (1-allyl-4-methoxybenzene), naturally present in flavorings and food ingredients with flavoring properties, in certain compound foods as consumed to which flavorings and/or food ingredients with flavoring properties have been added.

Compound food in which the presence of estragole is restricted Maximum level (mg/kg):

- Dairy products – 50mg/kg
- Processed fruits, vegetables (incl. mushrooms, fungi, roots, tubers, pulses and legumes), nuts and seeds – 50mg/kg
- Fish products – 50 mg/kg
- Non-alcoholic beverages – 10 mg/kg.

### **Regulation No 1334/2008: EU Maximum Allowable Levels of Estragole**

According to the International Fragrance Association (IFRA), consideration needs to be made for differences between oral and dermal exposure. IFRA states: "Furthermore, although no data exist on the skin metabolism of Estragole or related compounds there is evidence that many enzymatic processes, particularly oxidative ones, are much lower

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#### Premenstrual Cramps Blend

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##### **Ingredients:**

1 oz. sesame (*Sesamum indicum*) oil

##### **Essential Oils:**

10 drops tarragon  
*(Artemisia dracunculus)*  
 7 drops clary sage (*Salvia sclarea*)  
 7 drops peppermint (*Mentha x piperita*)  
 -----

##### **Directions for Making and Use:**

Place essential oils into one-ounce glass bottle. Place cap on and shake. Reopen and add in sesame oil. Cap and shake again. Label. The blend is now ready to use. Massage a palmful of the blend onto abdomen as needed.

**Cautions:** Avoid using with infants and young children. This dermal blend is for short-term use. See page 53, "Final Statement Regarding Safety" for more information.

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#### Nerve Tonic Inhaler

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##### **Essential Oils:**

10 drops tarragon  
*(Artemisia dracunculus)*  
 5 drops Roman chamomile  
*(Chamaemelum nobile)*  
 10 drops petitgrain  
*(Citrus aurantium var. amara (fol))*  
 -----

##### **Directions for Making and Use:**

Combine essential oils into small glass bowl. Place small organic cotton pad in bowl and saturate with essential oil synergy. Place cotton pad into blank inhaler tube and close tube. Label. Inhale as needed.

**Cautions:** Avoid using with infants and young children. See page 52, "Final Statement Regarding Safety," for more information.



Tarragon (*Artemisia dracunculus* L.)

in the skin than in the liver” (as cited in Bronaugh et al., 1995). Thus the relevance of reported tumours resulting from skin painting studies or subcutaneous injection (as cited in Miller et al., 1983) with putative genotoxic metabolites of estragole needs to be put into perspective. Although data indicate that the most potent metabolite for inducing skin tumours in rodents is the 1'-hydroxy epoxide metabolite, characterization of dermal metabolism has not been established to show that the epoxide metabolites used in the skin painting and subcutaneous injection studies would be the metabolite of concern in either rat or mouse, nor has it been established that the level of exposure is relevant as it is unlikely that significant local tissue concentrations for metabolites would result from a realistic oral ingestion or dermal application of estragole (IFRA Standard, 44th amendment, October 14, 2009).

IFRA recommends: The total concentration of estragole should not exceed the following limitations in the finished product:

- Fine fragrance and eau-de-toilette: 0.2%

- Other leave on and rinse-off cosmetic products: 0.01%
- Non skin and non-cosmetic products: 0.2%.

### Chemical Composition

Chemical “varieties” of *Artemisia dracunculus* have been identified in terms of the qualitative composition of the essential oil. Major components differ significantly depending on origin of the plant material.

Turkish *A. dracunculus* has been reported to contain cis-anethole (81.0%), cis-b-ocimene (6.5%), trans-b-ocimene (3.1%), limonene (3.1%) and methyl eugenol (1.8%) (Kordali et al, 2005).

Sayyah et al, (2004) reports the following chemistry of *Artemisia dracunculus* L. (*Asteraceae*): Trans-anethole (21.1%), α-trans-ocimene (20.6%), limonene (12.4%), α-pinene (5.1%), allo ocimene (4.8%), methyl eugenol (2.2%), β-pinene (0.8%), α-terpinolene (0.5%), bornyl acetate (0.5%).

In Poland, the following substances dominated in the essential oil of *A. dracunculus* L.: elemicin (56.0%), sabinene (20.9%), methyleugenol (6.2%), and E-asarone (6.2%) (Zawioelak and Dzida, 2012).

In Cuba, elemicin (53.0%) and methyl eugenol (17.6%) were the major constituents of *A. dracunculus* (Pino et al, 1996).

According to Obolskiy et al (2011), methyl eugenol (up to 39%), estragole (up to 82%), elemicin (up to 57%), and terpinolene (up to 25%) are reported to be the prevalent constituents among various regional “varieties.”



They note that estragole tends to be the predominant trait of French tarragon essential oils and that harvesting time can affect concentration of this component.

Due to the potential for variation in chemical composition in *Artemisia dracunculus* essential oil, it is highly recommended that a full GC/MS report is provided to you before purchasing this essential oil. If you find that the company is selling a tarragon essential oil rich in *methyl eugenol*, please consider the following safety information.

### **Safety Note on Methyl Eugenol**

Methyl eugenol, is closely related to estragole, otherwise known as *methyl chavicol*, the only difference being a second ring methoxy group in the former. Methyl eugenol is a potential liver carcinogen however hepatic tissue damage generally occurs at higher doses (>10mg/kg body weight) and must be recurrent, i.e. long-term administration of methyl eugenol is required (daily for > 3 months). In the short term (< three months) daily high doses of methyl eugenol (up to 300mg/kg body weight) can cause toxicity but not carcinogenicity.

Newborns are more at risk from the effects of methyl eugenol than adults and hence essential oils rich in this constituent should be avoided with this population.

However, Harris (2002) pointed out that based upon dilutions utilized in aromatherapy “a client receiving aromatherapy treatments is at little, if any, risk of carcinogenesis from the use of essential oils containing moderate quantities of methyl eugenol.” He does however go on to say “those most at risk from methyl eugenol are the therapists themselves.

Absorption of methyl eugenol by the therapist during massage is an unknown factor.” He recommends that a therapist avoid daily use of essential oils containing methyl eugenol.

Essential oils containing methyl eugenol should not be applied to the newborn or very young. If one is formulating product, Harris (2002) recommends adhering to IFRA guidelines.

### **These guidelines are as follows:**

The Standard is based on long-term systemic effects and will therefore have a wider range of product type limitations as follows (IFRA Standard, 2009):

- Fine fragrance: 0.02%
- Eau-de-toilette: 0.008%
- Fragrancing cream: 0.004%
- Other leave on: 0.0004%
- Rinse-off: 0.001%
- Non-skin (as defined in the introduction to the Standards): 0.02%
- Other non-cosmetic products not covered above: 0.001%.

Based on the lower end of the NOEL (The NOEL (no observable effect level) is the highest dose or exposure level of a poison that produces no noticeable toxic effect on animals) and applying a 1000 times safety factor for systemic effects a daily dose for methyl eugenol of 60 µg/day is supported. Taking into account a dermal penetration factor of 40% leads to an acceptable dose of 150 µg/day (micrograms per day).

**Note:** There is some suggestion of a difference in metabolism of methyl eugenol between humans and rodents. According to studies, no adverse human health effects have been associated with dietary consumption of methyl eugenol.

## Chemical Feature

Based upon research for companies in the United States selling tarragon essential oil, the vast majority are selling *A. dracunculus* rich in methyl chavicol syn. estragole. The remainder of this article shall be based upon *A. dracunculus* rich in methyl chavicol.

## Chemical Composition\*\* of *Artemisia dracunculus* L.

- Monoterpenes: a-pinene (1.07-1.15%), b-myrcene (0.18-0.2%), camphene (0.07%), b-pinene (0.15%), (e)-b-ocimene (8.02-10.13%), d-limonene (3.3-3.87%), trans-b-ocimene (10.26%), sabinene (0.09%), terpinolene (0.04%)
- Aldehydes: Anisaldehyde (0.37%)
- Ketones: Fenchone (0.94%)
- Phenols: Eugenol (0.24%)
- Phenylpropanoids: Methyl chavicol syn. Estragole (73.55%).

\*\*Chemistry from GC analysis for Tarragon (*Artemisia dracunculus*) from <https://www.stillpointaromatics.com/essential-oils/t-z/tarragon-essential-oil-aromatherapy> and <https://www.aromatics.com/products/essential-oils/tarragon>

## Research Notes

According to Ponte et al (2012) estragole exhibits myorelaxant (as cited in Alberquerque

et al, 1981), anticonvulsant and anesthetic (as cited in Dallmeir and Carlini, 1981), bradycardic (as cited in Siqueira et al, 2006), vasoactive (as cited in Soares et al, 2007) and antioxidative and antimicrobial properties (as cited in Shahat et al, 2011).

## Therapeutic Actions

- Antibacterial (Raeisi et al, 2012)
- Antispasmodic
- Antifungal (Meepagala et al, 2002 and Kordali. et al, 2005)
- Anticonvulsant (Sayyah et al, 2004)
- Sedative (Sayyah et al, 2004).

## Core Aromatic Applications

Although tarragon essential oil has shown to have antibacterial and antifungal activity, the author of this profile has only used it for the following conditions:

**Digestive System:** Stress related digestive upsets, colon spasm.

**Musculoskeletal System:** Muscle spasm or cramp, carpal tunnel syndrome, plantar fasciitis, muscular aches and pains.

**Nervous System:** Anxiety, nervousness, and irritability.

**Reproductive System:** PMS, painful cramps.

### Final Statement Regarding Safety of Tarragon (*Artemisia dracunculus*) Essential Oil:

Due to safety concerns regarding methyl eugenol and estragole (syn. methyl chavicol), it seems prudent to follow IFRA guidelines regarding levels of concentration for products aimed for the general market. For dermal application, it is best used in acute situations and for short-term use rather than daily application. Avoid application of tarragon essential oil for infants and young children. Internal use of tarragon essential oil rich in methyl eugenol and/or estragole is not recommended. See safety information under respective chemical components.

**Note:** Tarragon essential oil is a powerful intestinal, neuromuscular, and female reproductive system spasmolytic. Tarragon can also be used as a first-aid remedy for shock, until professional help becomes available (Schnaubelt, 1999).

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### About Jade Shutes:

An aromatherapy educator for over twenty four years, Jade holds a Diploma in Holistic Aromatherapy, Holistic Massage, Anatomy and Physiology, and Reflexology from the Raworth College of Natural Medicine (UK), and a Diploma in Aromatherapy from the International Therapist Examining board (ITEC). She has studied with Jan Kusmirek, and has completed Part 1 of the Purdue University Advanced Studies of Essential Oils, holds a certificate program for Herbal Medicine, and a certificate for Spa Bodywork. She is a prolific writer and researcher and believes education is the key to empowerment when it comes to self-care. She is the owner and Director of Education for The School for Aromatic Studies. Jade is the author of the book *Aromatherapy for Bodyworkers*. To learn more about Jade, please visit her website at: [www.aromaticstudies.com](http://www.aromaticstudies.com)

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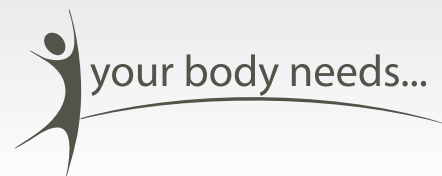


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# Hemp Seed Oil: *Cannabis sativa*

by Elizabeth Ashley



I have spent the last nine months researching this infamous plant, *Cannabis sativa*, and I have found that everything about *Cannabis sativa* is convoluted!

## ***Cannabis sativa*: What is it?**

I'll start by explaining what *Cannabis sativa* both *is*, and what it *isn't*.

You may find it labelled as "*hemp oil*" and get very excited. I know that, because I did! But this is a cold pressed oil from the *seeds*, not the *flower*; the method of extraction clarifies exactly which product you are using. The plant itself is famously psychoactive, but this action comes from a cannabinoid called *delta 9-tetrahydrocannabinol* (THC) found in the trichome of the *flower*. There is no THC in the *seeds*, and therefore there is no psycho-activity associated with the oil extracted from them. Historical references are confusing because, often, very ancient documentation alludes to how eating the seeds can "make you see demons" and so one must assume the seeds had been somehow contaminated by the flowers.

Rather than being taken from marijuana, hemp seed oil is obtained from the same industrial hemp they make ropes and fabrics from, as well as hempcrete used to

build houses. It is an extremely resourceful plant.

At first glance, they might seem like they are two different species, but in fact cannabis is *dioecious*, meaning that there are male and female plants that cross-pollinate with each other. Marijuana is the female plant with the psychoactive flowers whereas hemp is taller, thinner, and incredibly strong. Hemp seed is a superlative carrier oil and the most beneficial ingredient to cook with. Having said that, I will warn you that there is a sensory overload when you put hemp seed oil in your mouth because it strongly smells like damp forests, it is dark green, and tastes like it has been dredged from the bottom of the bayou! It works well in breakfast smoothies which all now have the generic title of "swamp juice" in our house.

## **Cannabis Plant Extractions**

My book is about two other different extractions from the cannabis plant: Hemp essential oil and High CBD (Cannabidiol) hemp oil, which is a CO<sub>2</sub> extraction of the plant grown with extremely low levels of THC. CBD is a cannabinoid (from the family of terpene phenolics) which has an astounding effect on the body enigmatically eradicating

**Editor's Note:** Hemp essential oil and High CBD hemp oil are Schedule I controlled substances which means that they are federally illegal to use, possess, sell, cultivate or transport in the USA. NAHA does not advocate the use of illegal substances.



diseases in a matter of days: Silent children with autism are helped to speak;<sup>1</sup> children with profound epilepsy become seizure free;<sup>2</sup> and post traumatic stress disorder (PTSD)<sup>3</sup> veterans are helped to forget.

### The Endocannabinoid System

Cannabidiol works with a variety of systems in the body to bring about changes that are nothing short of miraculous, not least with the endocannabinoid system (ECS). The ECS is a recently discovered endocrine system. This statement probably sells it short. It is our *primary* endocrine system and it is thought to potentially underlie virtually all chronic diseases, because its function is to bring the body back into homeostasis through a complex mechanism of signalling between neurons. Cleverly, it sends messages *backwards*, like a walkie-talkie system letting the body know

when enough of a certain hormone has been released, or whether more may be needed. The simplest example of a dysfunctional endocrine system is Type II diabetes, where the body no longer understands how to process insulin effectively, but in the same way the body might allow the cancer enzyme TNF to keep accumulating and building tumours, or likewise keeps sending pain and inflammation signals in fibromyalgia, migraine, or chronic fatigue. Basically, when the ECS is dysfunctional, the off switch is screwed – and so is our wellbeing! It is breath-taking in its mastery.

*So why have I told you all of this?*

Because hemp seed oil **should not contain cannabinoids** and **cannot interact with the receptors** in the same way as a cannabinoid does.

*So, what's the point?*

Endocannabinoids are the human body's natural versions of cannabis's molecules. There are two main ones: Anandamide (known as the bliss molecule) and 2-Arachidonylglycerol, also known as 2-AG. These two endocannabinoids are manufactured by the body, from a substrate called arachidonic acid, which in turn, is built by the body from oils and fats. Most importantly, there is a beneficial ratio of omega-3 and omega-6 in a 1:4 ratio.

Arachidonic acid is omega-6, and so it might seem like we should blanket supplement to increase levels of anandamide and 2-AG. However, too much omega-6 equals too much arachidonic acid and this leads to an excess of endocannabinoids in the system, which can be just as damaging as a deficiency. By supplementing with omega-3, it also increases the levels of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), essential fatty acids also required to fuel the ECS, as well as diffusing arachidonic acid through the tissues.<sup>4</sup>

The evidence supporting this particular dietary change is overwhelming but not least that a deficiency in omega-3 leads to a depression of cannabinoid type 1 (CB1) receptors in the brain. These receptors profoundly affect neurological wellbeing. Ideally you should be consuming between 500-1000mg of omega 3 a day, which can be found in tuna and salmon as well as other oily fish, in seeds such as flax seed, and in massive amounts of hemp seed.<sup>5</sup>

**Clinical Studies with *Cannabis sativa***

Archaeological evidence of our species co-existing with hemp seed dates back 10,000 years. A beautiful ancient pot was found in Taiwan decorated with a rope pattern

seemingly imprinted into the clay from hemp. It is one of the very oldest agricultural crops and indeed some scholars assert that it may have been the crop that *created* agriculture. As a species, we evolved on a diet rich in omega acids – not least because hemp seed was one of the staples in our diet. However, its success as a crop began to wane as farmers began to experiment with other cereals. Studies show people existed on an omega-6/omega-3 ratio of about 1:1. Western diets are now around 16:1. Suppression of omega-3 and essential fatty acids is thought to be the underlying factor of many diseases, not least because the substrate of the endocannabinoid system can no longer generate the tools needed to maintain homeostasis. A paper by *The Center of Genetics* in Washington from 2002, elucidates just how important this dietary adjustment may be:

*“Excessive amounts of omega-6 polyunsaturated fatty acids (PUFA) and a very high omega-6/omega-3 ratio, as is found in today's Western diets, promote the pathogenesis of many diseases, including cardiovascular disease, cancer, and inflammatory and autoimmune diseases, whereas increased levels of omega-3 PUFA (a low omega-6/omega-3 ratio) exert suppressive effects. In the secondary prevention of cardiovascular disease, a ratio of 4/1 was associated with a 70% decrease in total mortality. A ratio of 2.5/1 reduced rectal cell proliferation in patients with colorectal cancer, whereas a ratio of 4/1 with the same amount of omega-3 PUFA had no effect. The lower omega-6/omega-3 ratio in women with breast cancer was associated with decreased risk. A ratio of 2-3/1 suppressed inflammation in patients with rheumatoid arthritis, and a*

ratio of 5/1 had a beneficial effect on patients with asthma, whereas a ratio of 10/1 had adverse consequences.”<sup>6</sup>

If you consume hemp seed, the endocannabinoid system works far more effectively. Incidentally, I say *consume* because omega acids are not skin permeable and so topical application of hemp seed, although useful in other ways, has no benefits on the ECS.

Consumption of hemp seed oil has also shown very strong improvements in multiple sclerosis sufferers. There is a patented drug containing THC: CBD in a 1:1 ratio by English company GW Pharmaceuticals called *Sativex*, which significantly reduces spasticity in patients with this disease. But this method of use relies on *cannabinoid* medicine, so I was interested to see the outcomes from a different dimension of cannabis. A trial took place in 2015 in Iran and included 100 patients with an extended disability score of more than six, split into three groups. The first group was supplemented with evening primrose (*Oenothera biennis*) oil and hemp seed oil, together with dietary advice or a low saturated fat diet and hot-natured foods such as peppers and chilies; the second group was given olive (*Olea europea*) oil; and the third group was given evening primrose and hemp seed oil alone (no dietary advice). After six months, the study showed significant improvements in the first and third groups and a worsening of symptoms in the second.<sup>7</sup>

I want to add a codicil here. Begin with small amounts and be careful if you work in a career where you undergo drug testing. If you do, then you might be better off using the slightly less effective flax seed (*Linum usitatissimum*)

oil or walnut (*Juglans regia*) oil. Earlier, I wrote, and underlined, that *hemp seed should not contain cannabinoids* – and that is correct. However, depending on where hemp seeds are bought, sometimes there can be contamination. A report from Croatia showed that perhaps not all hemp seed oil in this area was being taken from industrial hemp, some seemed to come from marijuana. Their analysis showed some samples to contain as much as 3.23 and 69.5 mg/kg of THC.<sup>8</sup> This troubling discovery was deepened in June 2016 when The University of Trieste in Rome announced that they had seen the first paediatric case of cannabinoid poisoning in a child. The child had been prescribed hemp seed oil by his paediatrician in a bid to build his immune system and he had presented with neurological symptoms. When his urine was tested, low levels of THC were found and, THC was also present in the product when it was analyzed.<sup>9</sup> How can one be certain? Grow your own in the garden, one would presume!

### **Therapeutic Properties of Hemp Seed Oil**

So, what are hemp seed oil’s properties if we use it topically? Its main mechanism is that it is drying and heating. If you do consume it, you will feel these effects even more powerfully; the effect that I experienced was so dramatic I sincerely thought menopausal night flashes had started!

These drying effects extend further than just the skin, although it makes it a superlative oil for healing wounds that are suppurated or weeping; in particular, eczema.

I have experimented with this oil extensively over the last few months and found it to be



useful for any condition where moisture is involved; for example, bronchitis and phlegm, runny noses, greasy skin, etc.

Dioscorides (c.40 AD – c.90 AD), an ancient Greek physician, cited how hemp seeds are eaten to calm diarrhoea and that would certainly be so. In fact, consumption of too much of the oil will actually cause constipation. Topical application of the carrier oil is warming and cosseting and you can almost feel the heat of the Bedouin campfires that have carried cannabis with them for so long. It chases away chills, but also sadness. It is a gentle and soothing balm.

I was amazed by how fast it healed the eczema on my legs in the winter. I love woolly tights but my eczema really doesn't and whilst I can control it well throughout the year, peeling off hosiery at the end of the evening leaves me itching, scratching and irritated. A simple treatment of the carrier oil, with no essential oils added, left the skin soft, moisturised and calm by the next morning. The cracked and dry skin which usually requires the application of a ton of calendula (*Calendula officinalis*) oil looked cared for and presentable, which is a winter first for me!

Len Price cites the uses of hemp seed oil for eczema, and also for psoriasis,<sup>10</sup> and I would concur whole heartedly after having seen a friend smile broadly from ear to ear at its effects. Psoriasis is a strange disease that tends to congregate in geographical areas and I must say I see very little of it here in the countryside in Ludlow. That contrasts starkly with the state of people's skin where I used to live near the junction of the M6, one of the busiest motorway intersections in Europe. A friend from my old home in Walsall came to visit

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### Back Pain Blend

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**Ingredients:**

1 fl oz. hemp seed (*Cannabis sativa*) oil

1 fl oz. borage (*Borago officinalis*) oil

**Essential Oils:**

3 drops lavender (*Lavandula angustifolia*)

1 drop clary sage (*Salvia sclarea*)

1 drop spikenard (*Nardostachys jatamansi*)

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**Directions for Making and Use:**

Mix the hemp seed oil with the borage oil first; then add the essential oils. Apply liberally twice a day to the affected area.

**Cautions:** Avoid use until after the 16th week of pregnancy.

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### Psoriasis Blend

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**Ingredients:**

4 fl oz. of unscented white lotion

1 tsp hemp seed (*Cannabis sativa*) oil

1 tsp evening primrose

(*Oenothera biennis*) oil

1 tsp borage (*Borago officinalis*) oil

**Essential Oils:**

1 drop cajuput (*Melaleuca cajuputi* /

*Melaleuca leucadendron* var. *cajuputi*)

1 drop spikenard

(*Nardostachys grandiflora*)

1 drop galbanum (*Ferula galbaniflua*)

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**Directions for Making and Use:**

Blend together the unscented white lotion and the carrier oils. Add in the essential oils and mix well. Apply three times a day to some of the worst affected lesions.

**Cautions:** Avoid use during pregnancy.

and was covered in thick scales of psoriasis. After using hemp seed ointment for a week, the lesions had lost their redness and, she reported, about half the size in appearance. Since then improvement has been slower, but continual. She was also taking vitamin B to fuel and cleanse her liver; that would also have affected the outcome.

Perhaps the skin care dimension can be attributed to the oil's anti-oxidant abilities. These would certainly preserve the skin well. In August 2016, a team from Messina University, Italy, found that hemp seed oil, and one particular strain of hemp seed oil called Finola, had astonishing anti-oxidant potential.<sup>11</sup>

I have found applying the same rule to hemp seed oil, as the ancient scholars applied to

cannabis medicine, generally works very well, in that it should be used in small amounts with other oils. Certainly, in cooking, this helps to dilute the sensation of sucking the lagoon but, just like hemp essential oil, the carrier oil seems to work as a synergist, and boosting the effects of other oils. In particular, I like to blend hemp seed oil with evening primrose oil, camellia (*Camelia oelifera*) oil and borage

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### Oily Skin Blend

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**Ingredients:**

2 fl oz. unscented hydrating moisturizer  
1 tsp hemp seed (*Cannabis sativa*) oil  
1 tsp camellia seed (*Camelia oelifera*) oil

**Essential Oils:**

1 drop vetiver (*Vetiveria zizanioides*)  
1 drop clary sage (*Salvia sclarea*)  
1 drop lavender (*Lavandula angustifolia*)  
1 drop jasmine (*Jasminum grandiflorum*)

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**Directions for Making and Use:**

Blend together the unscented hydrating moisturizer and the carrier oils. Add in the essential oils and mix well. Apply twice a day, after cleansing and toning.

**Cautions:** Avoid use during pregnancy.

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### Eczema Blend

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The carrier oils in the following blend make the lotion thick, luxurious and creamy. It is as good as any high class spa product!

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**Ingredients:**

4 fl oz. of unscented white lotion  
1 tsp hemp seed (*Cannabis sativa*) oil  
1 tsp evening primrose  
(*Oenothera biennis*) oil  
1 tsp calendula (*Calendula officinalis*) oil

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**Essential Oils:**

1 drop geranium (*Pelargonium graveolens*)  
1 drop chamomile Maroc  
(*Ormenis multicaulis*)  
1 drop myrrh (*Commiphora myrrha*)  
1 drop helichrysum (*Helichysum italicum*)

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**Directions for Making and Use:**

Blend together the unscented white lotion and the carrier oils. Add in the essential oils and mix well. Add one further drop of myrrh essential oil if your skin tends to break open easily. Use three times a day on the affected areas.

**Cautions:** Avoid use in pregnancy and if you are breast feeding.

(*Borago officinalis*) oil to export the essential fatty acids contained within these oils, and because they seem to have the same benign, laid back, sunny disposition as the hemp medicines do.

My experience with cannabis has been a spectacular turnaround in thinking. Yesterday when I was out shopping in town, I past a gift shop with a brilliant sign in the window: “Don’t believe everything you think.” This personifies my feelings about the plant completely. I have gone from being a virtual hater to a complete advocate of all aspects of cannabis. I’d urge you to be open-minded about the medicine, as understanding it will transform your health and that of your clients. This in turn will transform your business.

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Elizabeth Ashley qualified as an aromatherapist in 1993, and passed her Advanced Diploma of Aromatherapy with distinction in 1994. She is the author of the acclaimed Secret Healer series of fifteen Aromatherapy manuals, and also of a beginner’s aromatherapy course. In addition, Elizabeth holds a Diploma in Medical Dowsing, a Certificate of Medical Astrology and the Business Link Business Excellence Award. She is a mum to three children and writes in a green and blue shed in the Shropshire hills, UK. Elizabeth is the NAHA UK Director. To learn more about Elizabeth, visit her website at: [www.thesecrethealer.co.uk](http://www.thesecrethealer.co.uk).

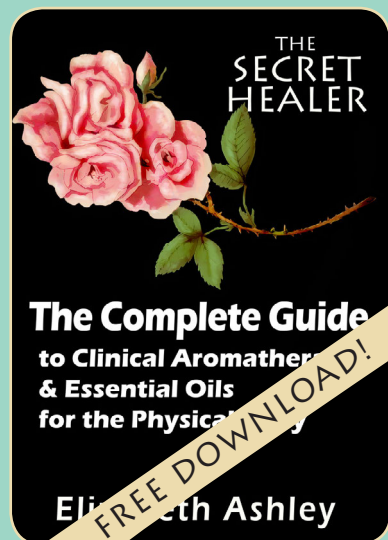
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# Prosperity Oils for Wealth Attraction

by KG Stiles



I realized at a very young age that it was the way people were thinking that caused most, if not all, of their problems.

After college, and with nothing more than a desire to help people overcome their challenges, I began pursuing my dream as a social worker.

In 1979 when on sabbatical at Findhorn, Scotland I discovered the transformational healing arts and began my consciousness studies. After relocating to San Diego, California, where I received training in many healing arts modalities and had my first experience with essential oils, I realized that I had found what I had been looking for my whole life. One sniff of these pure plant essences can instantly shift a person's thinking and mental attitude.

Everything in life is so clear and obvious when you have the right mindset, yet you can easily miss it when you are focused on the wrong thing. The "secret" of abundance and prosperity is your consciousness!

Certainly how you think about yourself is a first step to experience your natural state of abundance, the consciousness of abundance, but honestly, at some point, you have to give up the training wheels of your mind and start playing at the level of consciousness to fly free.

The consciousness of abundance has nothing to do with your material circumstances, but

everything to do with being who you are naturally.

Essential oils are wonderful allies for helping you shift your mindset and begin to tap into your natural state of being which is naturally abundant. As your natural self you don't have to do anything to experience abundance. It's automatic! You can't not be abundant.

Of course which essential oils work best for helping you shift your habitual thought patterns and tap into your natural state of abundance as pure consciousness is individual to you.

Your intuition can certainly help you to know which oils are right for shifting your state of awareness. Generally though the aromatic plants which have been traditionally used in wealth attraction formulas are the holy essential oils like sandalwood (*Santalum* spp.), myrrh (*Commiphora myrrha*), frankincense (*Boswellia* spp.) and spikenard (*Nardostachys jatamansi*).

Other essential oils which are helpful for shifting thinking are the citrus aromas, especially helpful are bergamot (*Citrus bergamia*), sweet orange (*Citrus sinensis*) and lemongrass (*Cymbopogon citratus*).

Finally the spice essential oils. The use of spicy aromatic plants has been extolled since ancient times for their ability to prevent disease, as

well as to prolong life. No wealth attraction formula was ever without them. Two of my favorite spice essential oils are cinnamon (*Cinnamomum zeylanicum*) and ginger (*Zingiber officinale*).

### Enhance Your Prosperity Consciousness with Pure Essential Oils

I'm going to share with you the *Key Prosperity Aromatic Plant Oils* that I've used in aromatherapy, and which have been used for hundreds of years as herbs or in vinegars, and which you can use to help attract riches and wealth for body, mind, spirit and emotions.

You can use the recommended pure essential oil alone or in a synergy blend with other

prosperity oils to enhance results and your prosperity consciousness for wealth attraction.

Some of the world's most renowned cultures traded plant aromatics, like frankincense and myrrh, which were considered the equivalent of precious metals like gold.

The secret use of certain plant aromatics is said to have been inherited or passed down through one's family lineage as a practice for passing on the wealthy family's "prosperity consciousness" and it was thought to ensure the family's continued attraction of riches.

Many of the prosperity oils I am sharing with you are considered "holy" oils and have been used traditionally in sacred healing rituals, as well as ceremonial rites of passage and purification, to prevent and cure disease and for wealth attraction.

The prosperity oils are mood enhancers and aphrodisiacs which promote good feelings and an aura of attraction around you. As you know when you feel good, things naturally seem to go your way in life. Like a magnet the prosperity oils are thought to help attract wealth and abundance into all areas of your life.

Many of the prosperity oils are spice essential oils known for their strong curative properties.

Throughout history, health has been considered the most valuable commodity one could have. So any means to ensure continued "good" health was always highly valued and vigorously sought out.

On a subtle, vibrational level the etheric quality of essential oils makes them inherently high-frequency energy attractors. The subtle aromatic qualities of prosperity oils give

#### Magnetic Attraction Oil

##### Supplies:

5 ml euro dropper bottle

##### Essential Oils:

30 drops ylang-ylang (*Cananga odorata*)

20 drops sandalwood (*Santalum album*)

45 drops bergamot (*Citrus bergamia*)

3-5 drops myrrh (*Commiphora myrrha*)

1-2 drops galbanum (*Ferula galbaniflua*)

##### Directions for Making and Use:

Cap bottle tightly and shake to blend essential oils thoroughly together. \* Allow to synergize for 12 hours or longer. Dispense 1-3 drops on a cotton ball or perfume smell strip for direct inhalation, or use 6 -12 drops in a diffuser for scenting an entire room or area of your house.

**Caution:** Keep essential oils away from eyes and do not apply essential oil directly on any open sores as this can cause sensitization to essential oils.

them powerful resonance with the frequency of wealth and an undisputed reputation for attracting abundance.

Prosperity oils work on all four levels of being: Physical, emotional, mental and spiritual. Their application either alone or in a synergy blend magnetizes the electro-magnetic energy field for attracting abundance and elevating your inner resonance to harmonize with the “Law of Attraction.”

You can use these essential oils to enhance all of your celebrations and practices of abundance! You might say every celebration in life is a celebration of the senses. Full enjoyment of the senses and sharing that enjoyment with others is at the heart of every celebration. What better way to celebrate the senses than with aromatic oils. Scent reaches deeply into the human psyche stirring your memories in mysterious and wondrous ways.

You can use the powerful scent of prosperity essential oils to help:

- Increase your prosperity quotient
- Shift your mindset
- Attract business opportunities
- Attract a life partner in business or romance
- Strengthen your love connection with others
- Enhance the quality of your relationships
- Release destructive relationship patterns
- Release the past and move on.

Experiment with these essential oils to discover for yourself scent’s powerful ability to enhance your prosperity consciousness and attract love and riches into your life.

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### Prosperity Oil for Wealth Attraction Room Spray

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**Supplies:**

5 ml euro dropper bottle

**Essential Oils:**

5 drops cinnamon leaf

(*Cinnamomum zeylanicum*)

5 drops myrrh (*Commiphora myrrha*)

5 drops spikenard (*Nardostachys jatamansi*)

5 drops ginger (*Zingiber officinale*)

5 drops patchouli (*Pogostemon cablin*)

40 drops sweet orange (*Citrus sinensis*)

30 drops frankincense (*Boswellia frereana*)

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**Directions for Making and Use:**

Combine the essential oils together in the glass bottle. Cap bottle tightly and shake to blend essential oils thoroughly together. Allow to synergize for 12 hours or longer. For an exquisite aromatherapy wealth attraction spray, dispense 60 drops, or more, of your prosperity blend into a two-ounce colored glass misting bottle filled with pure water. Make sure you leave room for your essential oils when filling your bottle with water. Shake and mist lightly into the air for a lovely ambiance. You’ll need to shake the bottle each time before misting as there’s no dispersant to keep the oils blended and they’ll float on top of the water.\* Dispense 1-3 drops onto a cotton ball or perfumer’s smell strip and inhale. Use as needed for symptomatic relief of allergy symptoms.

**Caution:**

Avoid skin contact as some of the essential oils in this blend, like cinnamon leaf and ginger, are known skin irritants.

\* **Editor’s Note:**

For guidelines on adding a dispersant to this mix, visit the [NAHA website to see guidelines for Methods of Application](#).

## Fourteen Traditional Wealth Attraction Essential Oils

- 
- 1** **Bergamot** (*Citrus bergamia*)  
**Aroma:** Fresh, sweet, fruity, citrus, spicy, floral.  
**Caution:** Phototoxic (moderate risk). Care should be taken when using it in skin applications. Avoid exposure to direct sunlight or sunlamps for 12 hours after use as pigmentation of the skin may result. Avoid oxidized essential oils. Maximum dermal use level 0.4%.<sup>12</sup>
- 
- 2** **Black Spruce** (*Picea mariana*)  
**Aroma:** Fresh, balsamic, woody.  
**Cautions:** Skin sensitization if oxidized.<sup>14</sup>
- 
- 3** **Cinnamon Leaf** (*Cinnamomum zeylanicum*)  
**Aroma:** Sweet, warm, spicy and radiant scent.  
**Caution:** Possible skin sensitization (moderate risk), mucous membrane irritation (low risk). Maximum dermal use level 0.6%. Possible drug interaction, may inhibit blood clotting.<sup>8</sup>
- 
- 4** **Clove** (*Eugenia caryophyllata*)  
**Aroma:** Spicy and peppery, warm and radiant.  
**Caution:** Clove essential oil may irritate the skin and mucous membranes. Maximum dermal use level 0.6%. Possible drug interaction, may inhibit blood clotting.<sup>9</sup>
- 
- 5** **Galbanum** (*Ferula galbaniflua*)  
**Aroma:** Intensely green, deep earthy aroma.  
**Caution:** Skin sensitization if oxidized.<sup>4</sup>
- 
- 6** **Ginger** (*Zingiber officinale*)  
**Aroma:** Warm, radiant, spicy, sweet scent.  
**Caution:** Though Tisserand/Young lists safety as “none known,” I recommend exercising care and respect when using ginger essential oil as it can be a skin irritant. For skin applications I suggest using it in a weak dilution of less than 1%.<sup>6</sup>
- 
- 7** **Lemongrass** (*Cymbopogon citratus*)  
**Aroma:** Fresh, lemony, sweet and herbaceous.  
**Caution:** Possible drug interaction. Avoid use with children under two years of age. May be a skin irritant. Maximum dermal use level 0.7%.<sup>13</sup>
- 
- 8** **Myrrh** (*Commiphora myrrha*)  
**Aroma:** Strong, sweet and woody, enduring aroma.  
**Caution:** May be fetotoxic. Avoid in pregnancy and lactation.<sup>2</sup>
- 
- 9** **Patchouli** (*Pogostemon cablin*)  
**Aroma:** Complex and resonant aroma that is earthy, sweet, resinous, woody, exotic, sensual, warm and radiant.  
**Caution:** Possible drug interaction, may inhibit clotting.<sup>7</sup>
- 
- 10** **Rose** (*Rosa x damascena*)  
**Aroma:** Sweet, rosy, floral, exotic and sensual.  
**Caution:** None known. Maximum dermal use application of 0.6%.<sup>10</sup>



11

**Sandalwood** (*Santalum album*)

**Aroma:** Warm, resinous, balsamic, earthy, sweet, woody, spicy.

**Caution:** Rare adverse skin reactions have been reported. Maximum dermal use is 2%.<sup>1</sup>

12

**Spikenard** (*Nardostachys jatamansi*)

**Aroma:** Deep rich, mellow-spice aroma that's woody, earthy and sweet. It is lasting and gives depth to any blend.

**Caution:** Skin sensitization if oxidized.<sup>3</sup>

13

**Sweet Orange** (*Citrus sinensis*)

**Aroma:** Complex and resonant aroma that is earthy, sweet, resinous, woody, exotic, sensual, warm and radiant.

**Caution:** May cause photosensitivity. Avoid exposure to direct sunlight after skin application for up to 12 hours. Skin sensitization if oxidized.<sup>5</sup>

14

**Ylang Ylang** (*Cananga odorata*)

**Aroma:** Sweet, floral, balsamic, exotic, sensual.

**Caution:** Possible skin sensitization (moderate risk). Maximum dermal use level 0.8%.<sup>11</sup>

**Instructions for Use:**

Choose one of the essential oils or create a blend (of two to three essential oils) from those essential oils listed here. Preferably choose an essential oil or blend that you have a “feel-good” response to, when you inhale it.

Dispense 1-3 drops of your pure essential oil or blend on a cotton ball. Close your eyes and begin to inhale the scent of your oil. Breathe deeply and allow yourself to relax. As you continue to breathe and inhale the scent of your oil, your cellular respiration will deepen and your brainwaves will begin to slow down to a relaxed alpha state. When in an alpha state your subconscious mind is more open, and receptive.

Exhale fully, letting go of any desired outcome fully. Your exhalation is an opportunity for

you to release any obsessive feeling or sense of clinging or neediness for any particular outcome or expectation. Trust the universe to respond to the natural desires of your heart that spontaneously arise in you.

Use long slow deep rhythmic inhalations and exhalations. Allow yourself to relax deeply.

Do this meditative practice with your chosen scent twice daily or more. On waking and as you're falling asleep are excellent times, though anytime is good. Notice any messages or intuitive guidance you receive for actions to take and act upon them immediately. Taking action empowers your sense of “I can do it” and builds self-confidence.

You are associating the chosen scent with your natural inherent state of prosperity and abundance which will help you more easily

**Abundance Affirmation:** You can use an abundance affirmation after getting into a relaxed state of natural abundance. Speak your affirmations aloud, with confidence and clarity. Feel the spark of the divine flow of abundance, the “consciousness of abundance” within you:

- I give thanks that I am rich and prosperous in every way.
- The goodness of life flows continually through me for which I am deeply grateful.
- My abundance makes everyone better off.
- I embrace abundance and abundance embraces me.
- (*Insert your own word*) is my friend and ally.
- I am aligned with the energy of (*insert your own word*).
- I relax into my natural state of abundance.



Ylang Ylang (*Cananga odorata*)

shift your mind state into a natural state of relaxed abundance whenever you like.

You want to experience the embodiment and frequency shift that occurs when you realize your natural state of abundance. This will help you to attract ideas and synchronous events that are aligned with your desired outcome and speed up its manifestation.

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#### About KG Stiles:

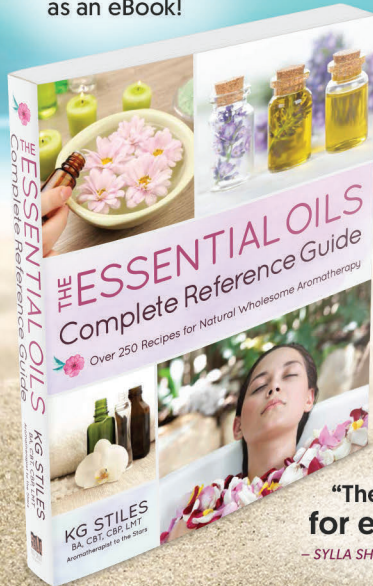
KG Stiles, BA, CBT, CBP, LMT, is a metaphysician, holistic health coach, certified clinical aromatherapist and consultant providing expert essential oil services since 1980. She has worked with many celebrities over the past three decades and has published hundreds of articles, many of which have appeared in *Massage Therapy Journal*, *Breast Cancer Wellness* magazine, *Aromatherapy Today* (Australia) and *NAHA Aromatherapy Journal*. Her newest book, *The Essential Oils Complete Reference Guide*, was published on January 31, 2017. KG is the NAHA Regional Director for Oregon (South). To learn more about KG, please visit her website at: [www.kgstiles.com](http://www.kgstiles.com)

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# Book Review and Interview with an Aromatherapy Author: KG Stiles

by Sharon Falsetto



Author KG Stiles

KG Stiles has been working with aromatherapy for over three decades, including working with several celebrities. A prolific writer for many journals, KG recently became the NAHA Director for Oregon, and currently writes for the NAHA Journal. Her recent book, *The Essential Oils Complete Reference Guide*, is a culmination of her years of practice and experience in the area of aromatherapy.

## Review of *The Essential Oils Complete Reference Guide* by Sharon Falsetto

With so many books recently published on aromatherapy, I was intrigued to review *The Essential Oils Complete Reference Guide* to figure out what this book offered that other's might not. This book is a veritable treasure trove of everything a beginner, and an experienced, aromatherapist might need to know.

The book introduces you to how aromatherapy works, how to use essential oils, the inclusion of safe use of essential oils, supplies you might need to make aromatherapy products, and proper storage of essential oils, before discussing essential oils *Materia Medica*, and specific healing blends.

At close to five hundred pages long, and with twenty one chapters, *The Essential Oils Complete Reference Guide* is probably a book to add to your aromatherapy reference library for use time and time again, rather than a one-stop read.

Here are some of my favorite snippets from the book:

- *Healing Blends* which include: Fibromyalgia, and other different pain relief blends, formulas for topics-less-discussed such as warts, herpes, ringworm, and toenail fungus.
- *Spiritual Blends*: I asked KG about one of these specific blends in my interview which follows below.
- *Skin Care Blends*: For every types of skin and various methods of application (including a luxurious repair skin butter!).
- *Symptoms Guide*: A dictionary of symptoms and essential oils which might help.
- *Safety and Dilution Guide for Essential Oils*.
- *A Short Dictionary on Common Medicinal Terms*: For example, adaptogens “promote beneficial adaption to change.”

The book also covers information for moms and babies, how to use essential oils around the home, and within the work place and your

daily life. You will find common essential oils profiles, in addition to a couple of lesser known essential oils.

## Summary

Many books contain similar information to be found in this book, but what sets this one apart is the author's apparent knowledge and experience in the writing, including over 250 aromatherapy recipes developed over the years by the author. Aromatherapy formulas help to expand on the theory by putting it all into practice, which is always a personal thing.

The book also contains high quality photos to entice you with a particular formula or practice, in addition to illustrating what each plant looks like. This is yet another aromatherapy book you need to add to your library!

You can purchase a copy of *The Essential Oils Complete Reference Guide* through the [NAHA bookstore](#).

## An Interview with KG Stiles

*NAHA's Aromatherapy Journal* recently caught up with KG to ask her a few questions about her new book and a sneak peek "behind-the-scenes."

**As I looked at the front cover of your book, my eye caught the words "Aromatherapist to the Stars." I am intrigued by this statement and could you share more on how this evolved?**

Over the past three decades I've worked with many celebrities and have been referred to as the "Aromatherapist to the Stars!" (*Editor's Note: KG did not disclose who those celebrities might be due to confidentiality agreements*)



**Your book covers many of the familiar essential oils but what I particularly like is the inclusion of what you term as "supplemental oils," some of which may not be as well known. For example, essential oils such as khella (*Ammi visnaga*) and ledum (*Ledum groenlandicum*). Can you explain the importance of these essential oils to you and why you included them in the book?**

I included supplemental oils in the book because I wanted to make a bigger set of healing tools available to my readers, if they wanted it. I wanted something for everyone in my book. So, I give lots of options throughout the book, including support to explore less well known essential oils to help readers become familiar with a wider array of oils. A bigger healing oils kit helps you to grow and

expand in your ability as an aromatherapist, as well as increases your comfort level when using essential oils safely and effectively. A tremendous amount of time and research went into selecting all of the more than 300 stunning images in the book. Something sorely lacking in aromatherapy books is plant images, so you actually get to see and have direct experience of the plants and their applications. Also the paperback book is a hands-free design like a recipe book, so that's it is very easy to access and use!

**Ammi visnaga (*Ammi visnaga*)** - A native plant of North Africa the ammi visnaga seed has been used in traditional herbal medicine for many years. Ammi grows wild in the Middle East and Mediterranean regions and, more recently, has been naturalized for growing in Australia and South America.

Research shows ammi visnaga may decrease allergic reactions by stabilizing mast cell response to allergens and preventing histamine release. Its active chemical khellin is reported to be the botanical source for the pharmaceutical drugs Intal and Nasal Chromused used for treating various respiratory conditions, including asthma and emphysema. It has also been shown to be effective for relieving symptoms of angina by relaxing coronary arteries.

Slightly sweet, fresh, herbal scent with a camphoreaceous note, ammi's complex aroma has subtle earthy, faintly dry, tea-like lower notes. Its antispasmodic, relaxant and bronchial dilating properties give ammi visnaga oil its ability to be useful for relieving asthma.

Ledum (*Ledum groenlandicum*)

Ammi has been reported to be useful for relieving asthma symptoms, especially bronchial type, as well as allergies. It may also be useful as a preventative for asthma attacks, as well as for relieving an attack by relaxing bronchial spasms.

**Caution:** Avoid in pregnancy and with babies and children. An extremely potent oil that is considered nontoxic in low doses ammi visnaga is a photo-sensitizer, avoid sunlight after application on the skin for up to twelve hours. Avoid with blood thinning medications (coumarins). Avoid use on sensitive or damaged skin.

**Ledum (*Ledum groenlandicum*)** - Commonly referred to as Labrador tea or Greenland moss, ledum is a relatively rare essential oil. Most of the world's source for the aromatherapy industry is grown in Canada at this time. Ledum essential oil has a strongly

medicinal aroma that is warm, spicy and herbaceous. The ledum plant has a long history of use as an herbal folk medicine and used by Native Americans as a “cure all.”

In recent years ledum has become popular as an alternative therapy for regulating thyroid issues. I have had customers who have reported outstanding results using ledum essential oil for their thyroid issues. They have been able to cut down, or even eliminate the use of thyroid medication with the aid of their doctor. Ledum essential oil’s regulating effect has been reported to be effective for both hyper- and hypothyroidism.

**You have so many formulas included in the book that it must have taken you years of practice to have compiled all of this information! I love that you’ve included formulas for diseases such as fibromyalgia (a disease of our “modern” age), in addition to formulas for more “traditional” diseases. Do you have a particular blend that you (or a client) have resonated with more deeply and/or had a profound success story to share about that formula?**

Yes, I first began my healing arts practice back in 1980, and it has taken many years of direct hands-on practical experience to compile the information presented in my book. It really is a “dream come true” to be able to share the heart and soul of my work in this way.

My #1 formula, that did not make it into the book, is the *Bartholin Cyst Formula*. Hundreds of women report outstanding results using this formula. We sell it as a product through our online store. Even women with large lemon sized cysts have

reported outstanding results. The common practice is to lance a Bartholin cyst which can be excruciatingly painful and has a very low success rate. Usually the cyst will reappear and the process of lancing is repeated, producing additional painful scar tissue. It can vary, case by case, but hundreds of women report that their Bartholin cyst drains, completely heals and never comes back after using the Bartholin cyst formula.

Other highly successful formulas: Any of my pain relief formulas, i.e. sciatica, leg cramp, fibromyalgia have received excellent reports of success and used by thousands of customers.

**You define yourself as an intuitive astrologer. How did this work influence your composition of the planetary elixirs in your book? And can you explain (briefly) how these blends work? For example, I always seem to suffer during a mercury retrograde period, so would the Mercury Planetary Elixir help me with communications during that time?**

I am an intuitive astrologer, meaning I interpret cosmic planetary forces from a metaphysical and holistic perspective using my intuition. It’s much more inclusive than an intellectual understanding alone about the celestial events in one’s astrology chart.

Life is a unique experience and self-discovery is at the heart of every life impulse, or can be if we can allow ourselves to become more aware as the observers of our life experience, rather than being identified with whatever is happening.

Formulating oils is really a process of revelation in which the intuition is very much



involved. I know the chemistry, the actions and effects, and I also know the various aromas and the musical high, middle and base notes for composing a blend, so it will sing. This foundational knowledge helps me to know which oils to consider including in a formula, but it's the free expression of my intuition and element of discovery that brings artistry to a blend. Like Michelangelo who would choose a piece of marble and then allow the process of uncovering to reveal the hidden figure, I allow the essential oils that I've selected to reveal a formula.

To me this is what makes a formula truly healing in its effects. I also charge all of my oils with prayers and crystals, and call in angels to over light each formulation. There's a bit of magic always involved when creating healing formulations! I'm sure many aromatherapists who blend formulas have had similar experiences.

The planetary elixirs in the book were formulated in this same way. They are general formulas meant to work for everyone. No knowledge of astrology is needed to experience the benefits. There are short descriptions for each planetary elixir, so you'll know if that's the one for you to try. For instance the Mercury planetary elixir is good to support and heal issues around communications and ways of connecting (computer, phone, transportation, cars, trains, planes, etc.) all under the influence of the planet Mercury.

### **About KG Stiles:**

KG Stiles, BA, CBT, CBP, LMT, is a metaphysician, holistic health coach and

aromatherapy consultant providing expert essential oil services since 1980. She has worked with many celebrities over the past three decades and has published hundreds of articles, many of which have appeared in *Massage Therapy Journal*, *Massage Today*, *Breast Cancer Wellness* magazine, *Aromatherapy Today* (Australia) and *NAHA Aromatherapy Journal*. KG is a NAHA Director for Oregon (South). To learn more about KG, please visit her website at: [www.pureplantessentials.com](http://www.pureplantessentials.com)

### **About Sharon Falsetto:**

Sharon Falsetto is a UK-certified aromatherapist. She has been living in the United States since 2006 and is the founder of *Sedona Aromatherapie LLC*.



Sharon offers a home study aromatherapy education program: The NAHA approved *Linguistics of Aromatics™* Program. Sharon is both a published author and editor in aromatherapy. She is also a consultant, custom blend formulator, and a herbal studies student. She works from her home studio in Sedona, Arizona, where she is in the process of creating her own aromatic stillroom on her one acre homestead and aromatic gardens. Sharon is the author of *Authentic Aromatherapie*, the current chief editor of the *NAHA Aromatherapie Journal*, and the NAHA regional director for Arizona. You can visit Sharon's website at: [www.sedonaaromatherapie.com](http://www.sedonaaromatherapie.com).



# Summer Recipes

Contributed by  
NAHA Directors

**NAHA Directors are both diverse and knowledgeable in their various areas of aromatherapy expertise! Here is a roundup of some of their favorite Summer recipes!**

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## Soothe the Aches Bath Salt

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by Melissa Clymer CCAP, CFAP  
(Wisconsin)

### Supplies and Ingredients:

- Glass or PET plastic jar
- 1 Tablespoon castile soap
- 1 Tablespoon jojoba (*Simmondsia chinensis*)
- 1 oz. Epsom or Himalayan salt

### Essential Oils:

- 2 drops clary sage (*Salvia sclarea*)
  - 2 drops elemi (*Canarium luzonicum*)
  - 2 drops lavender (*Lavandula angustifolia*)
  - 2 drops rose geranium (*Pelargonium x asperum*)
- 

### Directions for Making and Use:

Combine essential oils, jojoba, and castile soap in glass bowl; stir to combine. Add in salt and stir well to combine. Add water of desired temperature to bath tub, enter tub and add salt mixture.

**Cautions:** Take care when exiting tub and entering the next time, it may be slippery. Avoid use during pregnancy.

**Melissa's Tips:** Relax and enjoy!

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## Travel Respiratory Inhaler

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By Margo Hertzfeld  
(Ohio)

### Supplies and Ingredients:

- One (1) plastic or metal inhaler with organic cotton insert.

### Essential Oils:

- 5 drops cedarwood (*Cedrus atlantica*)
  - 4 drops silver fir (*Abies alba*)
  - 3 drops frankincense (*Boswellia neglecta*)
  - 2 drops palo santo (*Bursera graveolens*)
  - 1 drop tea tree (*Melaleuca alternifolia*)
- 

### Directions for Making and Use:

Insert the cotton pad into the inhaler; hold upright and drop essential oils onto the center of the pad to allow for full absorption. Inhale at regular intervals on day of, during airplane flight, and the day after travel.

**Cautions:** Discontinue or lessen use if you experience headache or dizziness.

**Margo's Tips:** Make sure to label your inhaler for airport security!

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## Summer Breeze Spritzer

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By [Jennifer Pressimone](#)  
(Florida, NAHA Vice President)

### Supplies and Ingredients:

3.5 oz. Chamomile tea (steeped and cooled)  
3.5 oz. Green tea (steeped and cooled)  
1 oz. Aloe vera juice

### Essential Oils:

16 drops lemon (*Citrus limonum*)  
12 drops geranium (*Pelargonium graveolens*)  
10 drops may chang (*Litsea cubeba*)  
8 drops juniper berry (*Juniperus communis*)  
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### Directions for Making and Use:

Combine ingredients in a glass or BPA-free plastic bottle. \* Keep refrigerated. Spray on body as desired.

**Cautions:** Lemon essential oil is photosensitive so avoid direct sunlight after application for at least 12 hours. Juniper berry essential oil should be avoided by those with known kidney disease.

**Jennifer's Tips:** Use on a hot summer day to cool you off, combat overheating, edema and to promote an energized mind.

\* **Editor's Note:**

For guidelines on adding a dispersant to this mix, visit the [NAHA website to see guidelines for Methods of Application](#).



Tulsi/Holy basil (*Ocimum sanctum*)

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## Summer Renewing and Rejuvenating Body Polish

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by [Leyla Bringas](#)  
(Vermont)

### Supplies and Ingredients:

2.5 cups sea salt  
¼ cup organic dried and powdered  
lemon verbena leaves  
¼ cup organic sugar  
¼ cup organic dried and powdered  
chamomile flowers  
4.5 oz. organic glycerin  
2.5 oz. organic jojoba (*Simmondsia chinensis*)  
4.5 oz. fractionated coconut (*Cocos nucifera*) oil  
2 oz. local raw honey  
vitamin E oil to preserve

### Essential Oils:

120 drops lemon (*Citrus limonum*)  
20 drops tulsi/holy basil (*Ocimum sanctum*)  
40 drops lavender (*Lavandula angustifolia*)  
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### Directions for Making and Use:

Powder dried herbs in blender; in a glass bowl, mix in sea salt and sugar; set aside. In a separate bowl, blend jojoba, coconut oil, and essential oils; mix into dry mix. In the oil bowl, combine glycerin and honey until well blended; add to mix, and blend until fully combined. Add in vitamin E oil. Package into PET plastic jars for use in the shower or bath.

**Cautions:** Do not use on freshly shaved skin or skin with cuts or abrasions.

**Leyla's Tips:** Apply a small scoopful of the scrub to wet skin in the shower or bath. Scrub gently in a circular motion. Soak in bath or rinse in shower.

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## **Aromahead Institute School of Essential Oil Studies**

Instructor: Andrea Butje. Learn online or in person. 200 hour NAHA approved Certification Program (level 1 and 2 covered in a single course). Improve your skills and advance the Aromatherapy Profession by completing Aromahead's Scholar's Program, a 400 hour certification consisting of advanced aromatherapy chemistry, therapeutic blending, business skills, teacher training, and incorporating a wider range of essential oils. Classes approved for Massage Therapy CEU's in Florida, New York and by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). [aromahead.com](http://aromahead.com)

## **Aroma Apothecary Healing Arts Academy**

Aroma Apothecary Healing Arts Academy is an aromatherapy and holistic healing school. We invite you to learn nature's pharmacy and natural healing methods. We offer professional aromatherapy certification courses and quality products for health professionals, holistic retailers and those who have an interest in aromatherapy and natural healing. Aroma Apothecary Healing Arts Academy has been an Approved School and Continuing Education Provider by the National Association for Holistic Aromatherapy (NAHA) and the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), since 2002. [www.learnaroma.com](http://www.learnaroma.com)

## **Aroma Hut Institute**

Aroma Hut Institute offers professional quality clinical aromatherapy courses online and in-person. Training includes Aromatherapy Certification programs for Level 1 Foundation (50 hours) and Level 2 Advanced Clinical (200 hours). Continuing Education approved by NCBTMB, and

available for Florida LMT's. Teacher Training courses are available to graduates who are interested in starting their own Aroma Hut School. Rebecca Park Totilo, in-house apothecary formulator and instructor, is a best-selling author of over 40 books including, Organic Beauty With Essential Oil, Therapeutic Blending With Essential Oil and Heal With Oil. Rebecca has over twenty-five years of experience as an international educator, specializing in the ancient biblical healing arts. [www.aromahut.com](http://www.aromahut.com)

## **Ashi Aromatics – Animal Aromatherapy Education**

Do you love animals? Looking for an exciting career working with animals? If so, check out our: Animal Aromatherapy Practitioner Certification Course(sm). Our course offers a 300+ hour educational module program, individual mentor-based training with course content specific to animal aromatherapy/flower essences. Approved by NAHA, H.A.A. & NCBTMB. Instructor: Kelly Holland Azzaro, RA, CCAP, CBFP, LMT offers over 25 years professional animal aromatherapy experience. PETA Approved Cruelty-free Vegan products for people and their animal friends.

[animalaromatherapy.com](http://animalaromatherapy.com)

## **Institute of Integrative Aromatherapy**

Institute of Integrative Aromatherapy: The Certificate Program in Integrative Aromatherapy offers a very comprehensive, clinical and holistic focused, correspondence course for health professionals and non-professionals. You will be personally mentored by author and Holistic Nurse Aromatherapist, Valerie Cooksley. The certification is fully endorsed by the AHNA, NCBTMB and NAHA (Level I and II). Contact hours available for Nurses and Massage therapists. Contact: Valerie Cooksley, RN OCN, FAAIM. [floramedica.com](http://floramedica.com)



# NAHA Marketplace

## **Institute of Integrative Aromatherapy - Boulder, CO**

The Integrative Aromatherapy® Certificate Program, established in 1998, provides a nationally recognized professional and clinical distance learning program that includes one-to-one mentoring with the expert nurse aromatherapist, Laraine Kyle Pounds, RN, BSN, MSN, CMT. This extensive program includes the basics as well as specialized essential oil applications for holistic and integrative healthcare. This program has been nationally endorsed by NAHA for Levels I and II, and approved for educational contact hours for nurses and massage therapists through AHNA and NCBTMB. [aroma-rn.com](http://aroma-rn.com)

## **The School for Aromatic Studies**

Instructor: Jade Shutes. The SFAS is a WA state approved post-secondary educational facility offering Foundations, Advanced Graduate certificate programs in Holistic and Clinical Aromatherapy. Classes are offered throughout the United States, including Seattle, WA, New York, NY, St. Louis, MO and Chapel Hill, NC. The school features a NEW Online Organic Body Care Products Certification program and a comprehensive Online program on the Aromatic Chemistry: By and For the Aromatherapist. Other specialized certification programs include: Aromatic Applications for the Skin and the Dynamics of Blending. Jade also offers a range of Reference manuals. Approved for Massage Therapy CE hours in Florida and Nationally through NCBTMB.

[aromaticstudies.com](http://aromaticstudies.com)

## **Sedona Aromatherapie LLC**

With a decade of professional experience in the United States, and a decade spent in the UK healthcare services, UK-certified aromatherapist Sharon Falsetto tutors the comprehensive home study aromatherapy program, *The Linguistics of Aromatics*™

(NAHA approved levels 1 and 2). She also works as a consultant, custom blend formulator, and a professional writer and editor. Sharon works exclusively from her aromatic studio, distillation room, and aromatic gardens on a one acre homestead in Sedona, Arizona. Short in-person classes coming in 2018!

[sedonaaromatherapie.com](http://sedonaaromatherapie.com)

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## **NATURAL HEALTH CLINICS**

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### **Endobiogenic Integrative Medical Center (EIMC)**

CHALLENGING HEALTH ISSUES? JUST DON'T FEEL WELL? WE CAN HELP! We use innovative techniques to treat a wide range of conditions. Our clinic was founded in 2005 in cooperation with Dr. Jean Bokelmann and the Idaho State University Integrative Health Clinic. The Endobiogenic Concept® was developed by French medical doctors Christian Duraffourd and Jean Claude Lapraz. Our Endobiogeny team uses this personalized approach to wellness to focus on the cause of disease rather than just symptoms. Based on modern physiology and endocrinology, Endobiogeny is an innovative natural approach to wellness that identifies the imbalances, unique to the human body, that are causing suffering. Endobiogeny focuses on the root causes of disease, not just symptoms. Individualized Phyto-Aromatherapy treatments include essential oils, herbs, supplements, diet & lifestyle changes. Location: Pocatello, Idaho - Face-to-face and remote appointments available.

[www.endobiogenic.com](http://www.endobiogenic.com)

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# NAHA Marketplace

## NATURAL HEALTH RESOURCES & PUBLICATIONS

### Alternatives for Healing

Alternatives for Healing is a leading alternative and complementary medicine directory for finding holistic practitioners, products, books, CDs, DVDs, stores, magazines, schools, workshops, retreats, newsletters, talk radio, videos and more. NAHA arranged a discount for our member Practitioners who want to be listed in their directory. This discounted rate is a \$15.00 savings. To take advantage of this opportunity, use coupon code ADFAFH14 when joining through the website or contact Sonja Torres at 303-476-1714.

[AlternativesForHealing.com](http://AlternativesForHealing.com)

### The Dunes East Hampton

At The Dunes, we have a program that will be tailored to fit your needs or the needs of a loved one struggling with addiction. We get to the root of the cause for the addiction and address any conditions contributing to

or resulting from the addiction. We provide state-of-the-art medical care, administered by our world-renowned team of psychological and clinical professionals. Our expert treatment and care along with our private location and luxurious accommodations have proven to be the winning combination needed to find long term success with addiction rehab.

[theduneseasthampton.com](http://theduneseasthampton.com)

### Sedona Journal Of Emergence

For nearly 30 years, the Sedona Journal of Emergence has been a respected magazine on conscious awakening. We offer channeled and inspired guidance to help readers live benevolent lives as they expand in consciousness and awaken their abilities on their personal journeys of transformation and spiritual well-being. The Journal is a comprehensive resource for spiritual living and features articles on angel guidance, dream analysis, astrology, conscious living and more.

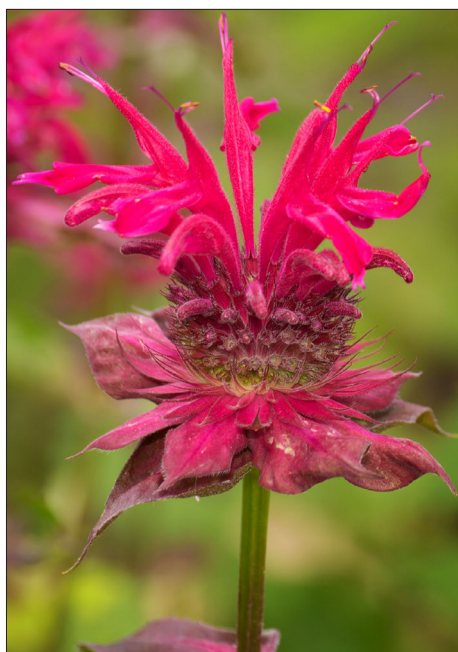
[www.sedonajournal.com](http://www.sedonajournal.com)

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Please consult your health care practitioner if you are pregnant or have been diagnosed with any serious healthcare problems before using essential oils. Keep all aromatherapy products out of reach of children and pets. Before using essential oils and aromatherapy products please consult with a professional aromatherapist.

NAHA asks that all authors and contributors include information on safe use of essential oils and clearly define each essential oil's common name and Latin binomial(s). NAHA has the right to accept or reject any articles, advertisements or content submitted. NAHA website is a resource-full area for information on Aromatherapy Safety, Applications and Uses. [www.naha.org](http://www.naha.org)

Beebalm Scarlet (*Monarda didyma*)



# BEYOND AROMATICS

NAHA WOA IX • OCTOBER 24-27, 2018 • UNIVERSITY OF UTAH CONFERENCE CENTER & BOTANICAL GARDEN

## 2018 Conference - Save the Dates!

Make plans for aromatherapy learning and fun!



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## Dates set for October 24-27, 2018.

Check the NAHA conference website for future updates.

NAHA 

[nahaconference.com](http://nahaconference.com)



**National Association for Holistic Aromatherapy**  
*Building Strength through Community and Education*



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